

Outpatient Programs schedule

Intensive Program

Participants who are interested in attending our intensive program are able to commence the program following completion of the registration requirements and appointment availability. This program provides individually tailored extended therapy sessions, usually offered on a Monday, Tuesday or Friday.

Group Therapy

- Hoarding Therapy group is our ongoing group offered on the 3rd Thursday of each month between 2.00 - 4.00pm.
- OCD Therapy Group provides CBT-based support and follow-up for people who have had individual therapy sessions for OCD. Emphasis will be given to explaining the OCD model and teaching practical strategies to better manage intrusive and unwanted thoughts, feelings and behaviours.

This group is offered monthly on a Thursday between 6.00-7.30pm. It runs on the 4th Thursday of each month (except the group in December will run on the 3rd Thursday). Dates for the remainder of the year are: 27 April, 25 May, 29 June, 27 July, 24 August, 28 September, 26 October, 23 November and 21 December.

Sessions are bulk billed for participants with a Mental Health Care Plan. Otherwise, the fee is \$40.00

- Mindfulness Based Cognitive Therapy group uses mindfulness-based CBT for Depression, Anxiety and other unwanted mood states, and will be drawing on the recently published *The Mindful Way Workbook* by Teasdale, Williams and Segal (2014). This program will be offered monthly on the 3rd Thursday of each month between 5.00 - 6.30pm, and commencement date for the next program is to be confirmed.

All group programs are bulk billed for those with a current Mental Health care plan and medical referral letter.

Individual Therapy

Participants can commence following completion of the registration requirements and appointment availability.