

Outpatient Programs schedule

Intensive Programs

Participants who are interested in attending our intensive programs are able to commence following completion of the registration requirements and appointment availability. These programs provide individually tailored extended therapy sessions for a variety of presentations as detailed in the information brochure. These are usually offered on a Monday, Tuesday or Friday.

Group Therapy

- Hoarding Therapy support is a regular group offered on the 2nd Thursday of the following months - February, April, June, August, October and December between 2.00 - 3.30pm.
- OCD Therapy Group provides CBT-based 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 will be offered on an 'as needed' basis. Time of group will be notified.

All group programs are bulk billed for those with a current Mental Health care plan and medical referral letter. Otherwise, the fee is \$40.00 for each attendance.

Individual Therapy

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