

# Outpatient Anxiety Group

## Closed Group Format



### Anxiety Group

Our **Anxiety Day Program** is designed for people who experience symptoms of anxiety such as panic attacks, worry and avoidance to an extent that interferes with their quality of life. **Attendance is for 12 weeks.** The Anxiety Day Program operates on a closed-group format. This means that new **members can only join the group at the beginning of the 12 week program.**

**The Anxiety Day Program** includes pre-arranged topics and focuses on issues identified by research to be important in triggering and maintaining anxiety. Group members receive a copy of the program on commencement which consists of all the topic information covered in the sessions and activity sheets. Members will have an opportunity to learn about all of the topic areas during their period of attendance.

On completion of the program, members will be assessed on an individual basis and either referred to a different program or discharged in consultation with their treating team.

A sample of the topics covered in The Anxiety Program are:

- Understanding Anxiety
- The Panic Cycle
- Negative Automatic Thoughts
- Facing Fears
- Anger Management and Problem Solving
- Effective Communication and Relationship Skills
- Mindfulness, Acceptance and Willingness
- Relapse Prevention

The program uses evidence-based therapies as the basis for psychological treatment, which most commonly incorporates a combination of Cognitive Behavioural Therapy and Acceptance & Commitment Therapy. Emphasis is placed on the provision of a warm, supportive and encouraging environment.

**Cognitive Behavioural Therapy (CBT)** and education about anxiety, including acceptance and mindfulness, are important elements of the program. The goal is to help people respond positively to their negative thoughts and to be able to live the kind of life they would like, without being held back by fear.

**Acceptance and Commitment Therapy (ACT)** focuses on helping patients learn strategies to tolerate and accept painful thoughts and emotions. ACT helps patients identify their value systems and develop a set of effective and realistic goals to work towards living a rich, full and meaningful life.

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