

Ramsay Clinic Cremorne

Outpatient Mood & Anxiety Disorders Group

Open Group Format



The Mood & Anxiety Disorders Day Program is specifically designed for people with depression, anxiety and bipolar disorder offering support, psycho-education and skills development to effectively manage symptoms and to improve the quality and enjoyment in life. The program covers issues that have been identified by research to be important in the onset and maintenance of mood and anxiety disorders. These issues include but not limited to:

- Difficulty with motivation and activation
- Grief and loss
- Values and goals
- Sleep
- Understanding Anxiety
- Food and mood
- Assertiveness
- Self-esteem
- Depression about being depressed
- The Panic Cycle
- Unhelpful thinking
- Relationship satisfaction
- Acceptance of painful feelings

The Mood & Anxiety Disorders Day Program operates on an open-group format. This means new members may be joining the group from week to week while existing group members progress through the program. Topics are arranged in such a way to allow new members to engage with session content without needing background from previous sessions, but also to minimise repetition for existing group members. Group members will have an opportunity to learn about all topic areas during their period of attendance. They will also have the opportunity to introduce/ask about topics they find relevant to the program. Treatment components are tailored to the current group needs.

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 mood & anxiety disorders, 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 members learn strategies to tolerate and accept painful thoughts and emotions. ACT helps members 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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