

Ramsay Clinic Macarthur

Managing Anxiety *Day Program*



Ramsay Clinic Macarthur offers a number of different day programs, designed to provide patients with ongoing support and skills once they have been discharged from the clinic.

To join a group, the steps are as follows:

1. Speak with an Allied Health Team member to express interest and complete an initial form or call us on 4640 5561.
2. See your Ramsay Clinic Macarthur Psychiatrist so they can assess whether the day program fits into your treatment plan or book an appointment with one by calling 4640 5540.
3. An Allied Health Team Member will contact you when there is a vacancy in your chosen group (wait times vary between groups).

Managing Anxiety Day Program

Tuesday 9am – 2.30pm

Managing Anxiety Day Program is a 12-week Cognitive Behaviour Therapy group which covers:

- Understanding anxiety
- The panic cycle, and control breathing
- What is Cognitive Behaviour Therapy (CBT)?
- Negative automatic thoughts
- PTSD and mind traps
- Facing your fears/graded exposure
- Anger management and problem solving
- Communication and relationships
- Mindfulness, acceptance, and willingness
- Creating a meaningful life
- Relapse prevention
- Review of skills

Ramsay Clinic Macarthur

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People caring for people



Ramsay
Mental Health