

Ramsay Clinic Cairns

Managing Anxiety

Veteran Specific



Facilitated as an open program (participants can enter during any phase of the program however, it is recommended that participants complete all the modules to enable greatest therapeutic benefit)

Minimum participants: 3

Maximum participants: 10

Location: Ramsay Clinic Cairns

Length of program: 12 week open program

Additional information: Full day - workbooks & refreshments provided

This program is designed to specifically target symptoms associated with anxiety disorders. The focus is on identifying early warning signs and the fight, flight and freeze response.

Participants will learn effective strategies to enhance their ability to self-manage and seek early intervention in the event of a relapse. Participants will also learn to set meaningful goals that will assist in a return to adaptive functioning.

Topics covered:

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

Ramsay Clinic Cairns

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People caring for people



Ramsay
Mental Health