

Ramsay Clinic Cairns

Managing *Anxiety*



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

Topics covered:

- Understanding anxiety
- Understanding and managing panic
- Introduction to Cognitive Behavioural Therapy (CBT)
- Graded exposure
- Anger management/problem solving skills
- Communication and relationship skills
- Mindfulness/acceptance and willingness
- Creating a meaningful life
- Relapse prevention
- Review of skills

Ramsay Clinic Cairns

253 Sheridan St, Cairns QLD 4870

Ph: 07 4050 7000 Fax: 07 4050 7001

ramsaymentalhealth.com.au

People caring for people



Ramsay
Mental Health

Ramsay Clinic Cairns is a fully accredited private sub-acute psychiatric hospital offering a wide range of health fund approved treatment programs for both inpatients and day patients.

The services provided are designed to maximise recovery and maintain positive mental health

Group therapy has been found to be effective for the following reasons:

- **Shared Experiences:** Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience similar concerns.
- **Relatedness:** It can be overwhelming for an individual to manage alone and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness due to meeting others who also have experienced a mental illness.
- **Support:** A therapeutic group can provide support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change. Also learning in a group environment can be enjoyable.
- **Education & Skills Training:** Group programs will allow patients to work on their social and conversational skills and improve their cognitive capacities.
- **Peer Feedback:** Group sessions provide an opportunity for constructive feedback from peers, a valued component of the therapeutic experience. Participation is encouraged but privacy is also respected.

Treatment Costs

Prior to attendance a full eligibility check will be conducted with one of our intake team members.

There are multiple ways you can pay for your treatment with us.

Full Private Health Insurance: Private health insurance may cover your entire treatment with us with an excess or co-payment.

Basic Cover: Gap payment or self-funding may be required.

Not Insured: Total payment must be made on admission. Our intake team can advise you of the self-funded rates.

To learn more about our day programs or to find how to organise a referral please contact our intake team: **Ph (07) 4050 7000 Fax (07) 4050 7001** or email: reception.tcc@ramsayhealth.com.au

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