

Ramsay Clinic Cairns

Managing Mood Disorders

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: max 10

Location: Ramsay Clinic Cairns

Length of program: 10 week open program

Additional information: Full day - workbooks & refreshments provided

Topics covered:

- Understanding depression
- Reversing the cycle of depression
- Grief and loss
- Introduction to Cognitive Behavioral Therapy (CBT)
- Negative automatic thoughts
- Anger management/problem solving skills
- Effective communication
- Creating a meaningful and healthy lifestyle
- Relapse prevention
- Review of skills learnt

Ramsay Clinic Cairns

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People caring for people



Ramsay
Mental Health