

## How can I access the CBT group?

Entry into the group is through a referral from your treating psychiatrist or GP, to an accredited psychiatrist at Ramsay Clinic Caloundra. Entry is based on the person's clinical assessment, including their willingness and capacity to participate.

**To learn more about the program please phone the Patient Services Manager on (07) 5492 0277.**

Email: [CLP-Enquiries@ramsayhealth.com.au](mailto:CLP-Enquiries@ramsayhealth.com.au)



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*People caring for people*

# Cognitive Behaviour *Therapy*



**Ramsay Clinic  
Caloundra**

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**Ramsay  
Mental Health**

## What is Cognitive Behaviour Therapy (CBT)?

CBT is a well-researched psycho-educational treatment approach to the management of many mental health problems, especially Anxiety and Depression based disorders.

The group is run by psychologists once a week, with a maximum of 12 people in the group. It starts at 8.45am and finishes at 12.30pm (with 3 hours of face to face group work) and includes morning tea.

## What does the CBT Group cover?

### Program Content includes:

- Education on specific disorders
- Anxiety management
- Depression management
- Relationships
- Relaxation training
- Managing emotions
- Challenging negative thinking
- Stress management
- Communication training
- Activity scheduling
- Relapse management

## Who is the group for?

The CBT program is designed for people who have difficulties with managing:

- Depression
- Anxiety
- Unhelpful emotions
- PTSD symptoms

## Why do we use group therapy?

These types of programs have been proven to be effective for the following reasons:

### 1. Shared Experiences

Sharing perceptions and reactions in a group setting allows the individual to see that they are not alone in the way they are affected by their problems, and that other people have problems of a similar nature.

### 2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can set in. Group therapy helps to foster a sense of connectedness as patients meet others who also need help in managing Anxiety and Depression.

### 3. Support

A CBT group provides support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change.

### 4. Education & Skills Training

CBT is a psycho-educational approach to the treatment of emotional problems and the maintenance of good mental health. Experienced therapists not only explain the process involved in the maintenance of mental health problems, but also teach proven treatment methods to lessen the emotional consequences of Anxiety and Depression.

### 5. Peer Feedback

Group CBT provides an opportunity for constructive feedback from peers and is a valued component of the therapeutic experience.

## Costs

Private Health Insurance generally covers the cost of treatment, but patients are advised to check the level of cover that their health fund offers for treatment.