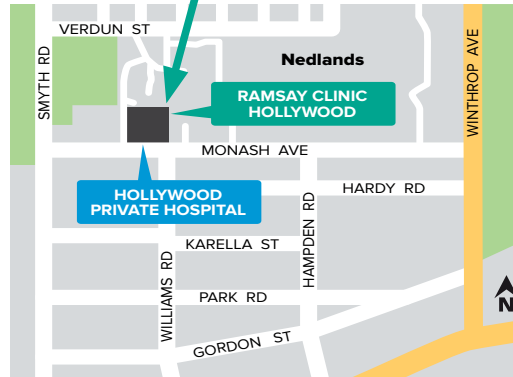
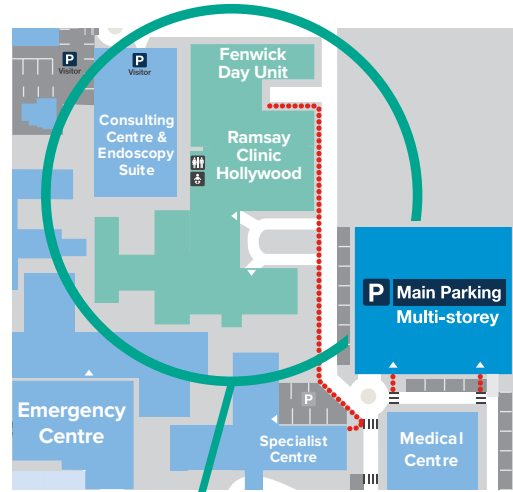


Please direct referrals and requests for further information to:

The Mood and Anxiety Management
Program Coordinator
Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009

Please call 9346 6803 during business hours
or email thcbookings.hph@ramsayhealth.com.au



**Ramsay
Mental Health**

Ramsay Clinic Hollywood
Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829
ramsaymentalhealth.com.au

People caring for people

Mood and Anxiety Management *Program*



**Ramsay Clinic
Hollywood**
ramsaymentalhealth.com.au


**Ramsay
Mental Health**

Mood and Anxiety Management Program

Introduction

Mood and anxiety disorders form the largest class of mental health problems for which people seek treatment.

If you live with depression or an associated anxiety disorder, our program may help.

Cognitive behavioural therapy (CBT) is a clinically proven treatment in mental health care which has been established as a treatment of choice for mood and anxiety disorders.

Schema-Focused Cognitive Therapy is an integrative approach to treatment that combines the best aspects of cognitive-behavioural, experiential, interpersonal and psychoanalytic therapies into one unified model.

The Mood and Anxiety Management Program at Ramsay Clinic Hollywood uses intensive and fast-acting cognitive behaviour therapy and schema focussed therapy in a small group format so participants are provided with the best opportunity of recovering from their mood disorder and staying well.

The program will be especially beneficial to those with any of the following:

- Depression
- Dysthymia
- Generalised anxiety
- Panic disorder
- Social and other phobias
- Self esteem, anger or guilt problems

The Program

The program includes the following:

- Understanding your mood and anxiety disorder
- Identifying thinking patterns that underlie and maintain the problem
- Learning how to challenge and change unhelpful thinking patterns
- Learning to relax
- Acquiring skills to maintain change

Other specific interventions may include:

- Problem solving skills training
- Assertiveness training
- Fear exposure strategies
- Relationship enhancement strategies.

Patients are encouraged to attend a once a week follow-up session one month after completing the program.

Format

One group program runs for two weeks and consists of half day attendance, five mornings a week. Programs commence on a fortnightly basis. We also offer a weekly program whose participants attend one morning per week. Groups are small in size and consist of people with similar problems.

Clinic Staff

The program is facilitated by a team of clinical psychologists.

Eligibility/Referrals

Your GP or psychiatrist can refer you to the program.

Individuals need to be assessed to establish their suitability for the program. A progress report will be sent to the referring practitioner at the completion of the program and will include suggestions for ongoing management.

Privacy and Confidentiality

All patient information is confidential. The health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.