

MIND HUB

COURSES & PROGRAMS

ANXIETY MANAGEMENT

Mind Hub City

The Anxiety Management Group is a 10 week treatment program that teaches effective strategies for managing anxiety particularly in social situations.

Program provides:

- Treatment based on a Cognitive Behavioural Therapy (CBT) approach to manage unhelpful thinking and avoidance.
- An understanding of the physical aspects of anxiety including addressing specific elements such as managing panic, worry, and being judged by others.
- Home practice tasks that focus on applying the skills learnt in the group such as gentle exposure therapy.
- An introduction to Mindfulness techniques to manage anxiety.

Program details:

- Location: City Clinic Level 1/175 Collins St
- Commencing: Thursday 4th October – 13th December 2018
- Time 9.30am – 12.30pm

Facilitator

Anna Dimsey *Clinical Psychologist*

How to join:

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

How much does it cost?

Costs are usually covered by your private mental health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

For registration and further information please call 6247 9960 or
email: info@thehobartclinic.com.au

GP referral and private health insurance is required.

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