



THE
HOBART
CLINIC

Excellence in Mental Health

Think Feel Act

This 5 week program introduces Cognitive Behaviour Therapy (CBT) which is an evidence based practice for treating mental health disorders. Weekly practice helps identify and change unhelpful thoughts that are present in a range of mental illnesses.

Program provides:

- An increased understanding of the relationship between thoughts, feelings and behaviours
- Learning how unhelpful thoughts impact on our mental health
- An understanding of how our behaviours and actions influence our experience of ourselves and the world.

Program details:

Where: City Clinic
Level 1/175 Collins St

When: Starts Thursday 30th April
Thursday 10am - 1pm

How much does it cost?

Costs are usually covered by your private 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.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au GP referral and private health insurance is required.

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