



# ANXIETY MANAGEMENT



The Anxiety Management Group is a 9 week treatment program that teaches effective strategies for managing anxiety, particularly in social situations.

## PROGRAM COVERS:

- 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.

## FACILITATOR

Aneliese Poorter - Psychologist. Includes guest speakers (Psychiatrist and yoga practitioner).

## 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.

## PROGRAM DETAILS

### City Clinic

Level 1/175 Collins St, City

### Time

Thursdays 9.30am-12.30pm

14th Feb- 11th April 2019

*Places are limited which allows a focused approach to anxiety*

## 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.

**Registration and further information call 6247 9960 or [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)**

**GP referral and private health insurance is required.**

