



LIVING WELL STAYING WELL



Living Well Staying Well is an open group that engages people recovering from stress response illness/disorders that may range from depression and affective disorders; anxiety disorders; complex trauma; and, persistent pain states. It particularly seeks to transition people from being passive recipients of care to active managers of their own care (albeit in participation with health professionals) on the following three levels of recovery:

PROGRAM PROVIDES:

- What is the illness they may have and how does it manifest in their lives? What medications are they on and how are those medications thought to work? How do the neuroplastic brain and our immune systems change and continue to change as we improve and how might we actively manage those changes better?
- How has the above illness affected their sense-of-self?
- What maybe going on in the community that affects the above two levels of recovery focusing on things that may both wind-up distress (and so contribute to illness) as well as the things that refer eustress or joys (and so contribute to a healthy full life). Social determinants of health are explored along with the lived experience of engaging a validated and legitimised life.

PROGRAM DETAILS

City Clinic

1/175 Collins Street, Hobart

Tuesdays 9:30am-2:30pm, starts
22nd January 2019

Eastern Shore Clinic

31 Chipmans Road, Rokeby

Wednesdays 10:30am- 2:30pm
(Optional yoga at 9am), starts 23rd
January 2019

How to Join

Discuss with your treating doctor
who can provide a referral.

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**

GP referral and private health
insurance is required.

