

MIND HUB

COURSES & PROGRAMS

THINK FEEL ACT

Mind Hub City

This after hours 6-week program provides the valuable skills of *Cognitive Behavioural Therapy (CBT)*, with a focus on techniques used to manage unhelpful thoughts. These strategies are applicable to a range of mental illnesses.

CBT is the most widely used evidenced based practice for treating mental health disorders such as anxiety and depression.

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 beliefs and thoughts influence our experience of ourselves and the world.

Program details:

- Location: City Clinic, Level 1/175 Collins St
- Commencing: Tuesday 23rd October – 27th November 2018
- Time 5.15 – 6.45pm

Facilitators

Anna Dimsey – *Clinical Psychologist*

How to join:

If you're interested in attending you will need to discuss this with your Psychiatrist 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 health fund. This program can also be funded under a Mental Health Plan from your GP with an out-of-pocket expense.

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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