



<p>Monday Anxiety Masterclass</p> <p>9:00 – 2:30 Hyams Room</p>	<p>This six week program specifically treats anxiety disorders. Participants develop an understanding of the fear response and examine ways that anxiety affects daily life. Participants are taught how to challenge the negative thoughts that maintain their symptoms of anxiety and engage in behavioural tasks to manage problematic avoidance. Each session includes relaxation strategies designed to help participants manage the distress that occurs with anxiety.</p>
<p>Tuesday Healthy Minds</p> <p>9:00 – 2:30 Hyams Room</p>	<p>This program is designed for older adults who wish to improve their mental health and enhance wellbeing. Participants focus on age related issues including maintaining a healthy mind and creating a healthy balanced lifestyle through mental and physical activities. This program involves South Coast Private Hospital’s multidisciplinary team of psychiatrists, psychologists, art therapy and exercise physiology trained healthcare professionals. This team incorporates a range of therapeutic techniques to treat the causes of depression and anxiety, as well as teaching ways to cope with the physical and mental changes that come with ageing.</p>
<p>Wednesday Staying Well</p> <p>9:00 – 2:30 Mystics Room</p>	<p>This program is designed for patients who are in recovery from a recent episode of depression and/or anxiety. It is designed to offer patients holistic support in their recovery, and provide them with psychoeducation, skills and strategies to manage their recovery, to flourish and stay well. The program is structured to be delivered by a multidisciplinary team and includes a weekly psychoeducation topic and relaxation with a psychologist, a one hour talk from a psychiatrist, a light exercise session with our exercise physiologist and an art therapy session with our art therapist.</p>
<p>Thursday Depression Masterclass</p> <p>9:00 – 2:30 Hyams Room</p>	<p>This six week program teaches management strategies designed to treat depression. Participants examine the effects of inactivity in perpetuating depression and practice behavioural activation strategies. Participants are also supported through a process of self-discovery to identify their core beliefs and challenge negative thoughts that decrease their mood. This course includes additional techniques such as relaxation strategies and problem solving techniques.</p>
<p>Friday Introduction to Mood & Anxiety</p> <p>9:00 – 2:30 Hyams Room</p>	<p>This introductory program for mood and anxiety disorders is a prerequisite for the Anxiety Management Masterclass and Depression Management Masterclass programs. It provides patients education about the Cognitive Behavioural Therapy model by specifically identifying how thoughts, feelings and behaviours interact to perpetuate mood and anxiety disorders. This program supports patients beginning to manage their symptoms through the practical application of techniques and skills. It prepares patients to transition into one of our advanced day programs for Anxiety Management or Depression Management.</p>