

Mood and Anxiety Recovery Program

Mood and anxiety disorders form the largest class of mental health problems for which people seek treatment. If individuals are living with depression or an associated anxiety disorder, our program may assist them in overcoming certain obstacles.

Cognitive Behavioural Therapy (CBT) is a clinically proven treatment in mental health care which has been established as a treatment of choice for mood and anxiety disorders.

Schema-Focused Cognitive Therapy is an integrative approach to treatment that combines the best aspects of cognitive-behavioural, experiential, interpersonal and psychoanalytic therapies into a unified model.

The Mood and Anxiety Recovery Program at Bethesda Clinic uses intensive and fast-acting cognitive behaviour therapy and schema-focussed therapy in a small group format, to enable participants the best opportunity to recover from their mood disorder and stay well in the community.

The program will be beneficial to individuals with any of the following:

- Depression
- Dysthymia
- Generalised anxiety
- Panic disorder
- Social and other phobias
- Self-esteem, anger or guilt problems

About the Program

The Mood and Anxiety Recovery Program includes the following core modules:

- Understanding your mood and anxiety disorder.
- Identifying thinking patterns that underlie and maintain the problem.
- Learning how to challenge and change unhelpful thinking patterns.
- Learning to relax.
- Mechanisms to maintain change.

Other specific interventions may include:

- Problem solving skills training.
- Assertiveness training.
- Fear exposure strategies.
- Relationship enhancement strategies.

Format

The Mood and Anxiety Recovery Program runs for two weeks and consists of half-day attendance, five mornings per week. Programs commence on a fortnightly basis. In addition, Bethesda Clinic also offers a weekly program, and these participants attend one morning per week. Groups are small in size and consist of people with similar underlying factors.

Clinic Staff

The program is conducted by a team of qualified health professionals:

- Consultant Psychiatrist
- Mental Health Nurses
- Allied Health - Mental Health Clinicians

Eligibility and Referrals

Eligible patients must be referred to a Bethesda Clinic program by a General Practitioner or Psychiatrist. Individuals will be assessed to establish suitability for the program. A progress report will be sent to the referring practitioner at the completion of the program and will include suggestions for ongoing management.