

Outpatient Programs schedule

Intensive Program

Participants who are interested in attending the intensive program are able to commence the program following completion of the registration requirements and appointment availability. This program is usually offered on a Monday, Tuesday or Friday.

Group Therapy

- **Mindful Way** - is a new group therapy program commencing on the 1 October 2015. This program uses mindfulness based CBT for Depression, Anxiety and other unwanted mood states, and will be drawing on the recently published *The Mindful Way* workbook by Teasdale, Williams and Segal (2014).

The program will be conducted by Dr Christopher Mogan, and will be offered over 8 sessions from October - December 2015. Dates are Thursday 1, 8, 22 October, 5, 12, 26 November & 3, 10 December, and the group will run between 2.30 - 4.00pm.

Participants require a Mental Health Care Plan and a referral letter from their GP or Consultant Psychiatrist. This program will be bulk billed for people referred under a Mental Health Care Plan. Inquiries to Dr Christopher Mogan.

- **Hoarding Disorder Thursday group** - ongoing support group offered on the 3rd Thursday of each month.
- **The Hoarding Disorder group therapy program**, based on the Buried in Treasures model, provides skills and strategies to assist in the management of excessive accumulation, inability to discard, and compulsive acquiring of things.

This program will be conducted by the The Anxiety Clinic staff and is due to commence in February 2016.

Individual Therapy

Participants can commence following completion of the registration requirements and appointment availability.