

## **The Anxiety Clinic's Outpatient Programs**

The Anxiety Clinic has developed a series of innovative Cognitive and Behavioural Therapy (CBT) programs for the treatment of Anxiety, Obsessive Compulsive Disorder (OCD), Hoarding and related disorders. These programs are:

- Intensive - consisting of 10 days of treatment on Tuesdays and Fridays over a five- week period. On these days, people attend for 3 hours in the morning **or** 3 hours in the afternoon. Three such programs are planned for 2014.
- Brief - consists of scheduled 3-hour sessions over a specified period of time. The individualised program could include de-cluttering, social anxiety or phobia treatment, or exposure and response prevention.
- Group therapy follow-up - occurs on a monthly basis with a 2-hour session.
- Individual therapy - consists of scheduled 1-hour appointments over a specified period of time.

These programs are designed to deliver behavioural and cognitive treatments. The proven effectiveness of such evidence-based strategies has been demonstrated in long-term research. It is also estimated that less than 10% of anxiety sufferers have access to this kind of treatment.

The outpatient program has been developed to provide a structured program that can offer effective psychological therapy without disconnecting the person from personal, family and work responsibilities.

The behavioural and cognitive strategies include education about anxiety, relaxation and mindfulness training, and other adaptive learning skills in a personalised protocol. The core of the treatment is the individual program for each patient that will include the following skills as appropriate - hyperventilation training, habit reversal, graded exposures, massed practice, social skills training and goal setting. The success of this process is based both on the proven clinical effectiveness of these psychological strategies, and the motivation to change, the personal psychological plan, and the readiness for treatment. Each person will have input into their personal treatment program and will work on a planned and graded program to enhance the individual's personal and social functioning.

The treatment philosophy of The Anxiety Clinic is that reintegrating the individual sense of self provides the best platform for overcoming destabilising anxiety symptoms. Finding the secure base helps in developing the attachments and personal values that support mature social interactions. CBT enhances this secure basis with strategies for thinking sensibly, regulating feelings, and actively engaging in life.

### **Who will provide the treatment?**

The therapy team consists of clinical psychologists Dr Christopher Mogan, Dr Jacinta Ryan and registered psychologists Julie Mogan, Dr Elham Foroughi and Credentialed Mental Health Nurse Kerryn Addison.

### **What conditions are suitable for treatment in the program setting?**

- Obsessive Compulsive Disorder
- Panic Disorder
- Social Anxiety Disorder
- Post-traumatic Stress Disorder
- Generalized Anxiety Disorder (problem worry)
- Specific phobias like bridges, spiders, flying and heights.

### **Are there other conditions for which the programs can offer treatment?**

There are many complex conditions that can also be associated with the above disorders. Depression, Obsessive Compulsive Spectrum Disorders like Body Dysmorphic Disorder, Health Anxiety or Hypochondriasis, Skin-picking, Trichotillomania (hair-pulling) and other Tic or Movement Disorders that involve attempts to reduce anxiety by using compensatory behaviours. The program develops a care plan for each participant, and provides support guidelines for continuing the treatment following this intensive phase. The programs seek to complement other medical and related treatments by providing access to specialised CBT strategies. Such strategic interventions aim to help sufferers better manage the emotional distress that arises from symptoms of anxiety and depression.

### **Who is not appropriate for the programs?**

When a person has a dual diagnosis (for example, active substance abuse, eating disorder and/or actively suicidal), these programs are not suitable. It is preferable to have treatment for these conditions prior to engaging in these programs. If a person is in recovery from these conditions, it might be appropriate to participate in the programs, especially when the team can collaborate with other treating professionals in managing these complexities.

Those whose motivation for change is ambivalent are not appropriate as treatment readiness is essential. The programs require participants to fully engage in work with therapists in facing their fears. Experiencing discomfort requires courage and motivation. The team expects to work hard in helping participants achieve the graded tasks, and this collaborative approach requires significant effort from therapists and participants alike.

### **How do I register for the programs?**

Telephone or email contact can be made for an initial discussion or the application form below can be forwarded by post or email. This explains that it is your responsibility to arrange the referral process with your General Practitioner or Consultant Psychiatrist. We will work in a collaborative way with the referrer, other therapists and the family, as needed, and work with the patient to ensure that privacy and consent issues are respected.

After registration you will participate in an assessment by a team member who will ask a range of questions about the problems you have been having, ask you to complete a series of forms, and explain the treatment we are offering at The Anxiety Clinic.

## REGISTRATION

Please ask your referring Doctor to complete this application form. It is essential to have a valid Mental Health Care Plan for access to any Medicare and Private Health Fund rebates that may apply.

## APPLICATION FORM

Places in the program will be allocated strictly in order of application, provided that the preliminary requirements have been completed:

- Referral by the treating GP or Psychiatrist
- Written Mental Health Plan outlining the purpose of the referral, diagnosis and current treatment
- Assessment process that will include clinical assessment, goal- setting and data collection for The Anxiety Clinic research.

Full name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Date of Birth \_\_\_\_\_

Tel (Home) \_\_\_\_\_ Work \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

Next of Kin (or contact person) \_\_\_\_\_

Tel (landline) \_\_\_\_\_ Mob \_\_\_\_\_

Referring Doctor \_\_\_\_\_

Practice Address \_\_\_\_\_

Telephone \_\_\_\_\_ Mob \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_