

Outpatient Programs schedule

Intensive Program

Participants who are interested in attending our intensive program are able to commence the program following completion of the registration requirements and appointment availability. This program provides individually tailored extended therapy sessions, usually offered on a Monday, Tuesday or Friday.

Group Therapy

- Mindfulness Based Cognitive Therapy group 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). This program will be offered monthly on the 3rd Thursday of each month between 5.00 - 6.30pm, and commences on Thursday 18 February 2016.
- Hoarding Therapy group is our ongoing group offered on the 3rd Thursday of each month between 2.00 - 4.00pm.
- The Buried in Treasures training group is based on the book '*Buried in Treasures*' Tolin, Frost and Steketee (2014) second edition, Oxford University Press. This program provides skills and strategies to assist in the management of excessive accumulation, inability to discard, and compulsive acquiring of things.

The program will be offered on a Tuesday between 2.00 - 4.00pm and will run weekly for the first month, then fortnightly for the next 6 sessions. It commences on Tuesday 8 March 2016, and will be conducted by The Anxiety Clinic staff.

Participants need to be assessed Dr Christopher Mogan prior to commencement of the program, and require a medical referral letter and a Mental Health Care Plan. The number of places are limited.

All group programs are bulk billed for those with a current Mental Health care plan and medical referral letter.

Individual Therapy

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