

Anxiety Intensive

A two week intensive day therapy program

Who is the program for?

Individuals who experience clinical levels of anxiety including generalized anxiety, social anxiety, and trauma related anxiety.

Program content

- Psychoeducation on the origins of anxiety
- Developing an understanding of individual factors which maintain anxiety
- Developing an understanding of the underlying/historical contributors to anxiety
- Developing new skills to manage anxiety
- Developing skills to manage emotions linked to anxiety such as sadness, anger and guilt
- Maintenance strategies

About the program

Participants develop an understanding of anxiety, its maintaining factors and ways to manage more effectively. Armed with this understanding, participants learn how to place their symptoms within a logical and contextual framework, and learn the skills to remain in the window of tolerance and live a functional life. The program delivers empirically supported interventions utilising Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy, Acceptance & Commitment Therapy (ACT), mindfulness and expressive therapies, to teach new ways to cope with anxiety and confront anxiety related causes and behaviours.

When is it held?

This closed group is held from 9:30am until 3:45pm, Monday to Friday for two weeks and runs on a four weekly rotation. Morning tea, lunch and afternoon tea is provided.

How to join

If you are interested in attending this program you will need to discuss this with an Abbotsford Psychiatry or Cambridge Clinic admitting doctor who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All funds have different rules. Please check with our Day Patient Coordinator, who will advise if any out-of-pocket excess or gap costs are applicable to you.

Abbotsford
Private Hospital

Day Patient Coordinator
61-69 Cambridge Street, West Leederville WA 6007
T: 0438 686 540 F: 08 9381 7681
E: abf.psc@healthecare.com.au / abbotsfordhospital.com.au