

Schema Therapy/Advanced CBT

A graduate post-intensive program designed to assist in uncovering the core-beliefs and underlying factors related to depression, anxiety and addiction

Who is the program for?

Participants with a primary diagnosis of depression or anxiety or other co-morbid conditions, whose issues are long standing and have not been resolved after a shorter course of Cognitive Behavioural Therapy.

Program content

- Schema therapy education
- Anxiety management
- Depression management
- Emotional awareness
- Resilience building
- Interpersonal effectiveness
- Boundary setting
- Education on addictive behaviours and PTSD

About the program

This program is designed specifically to help participants with changing maladaptive, typically life long patterns or themes, also known as 'schemas' or 'life traps' which are enduring and self-defeating, and which have the capacity to interfere with an individual's psychological and emotional wellbeing.

When is it held?

Every Monday from 9:30am until 12:45pm. Morning 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