

Self Esteem (Managing Psychological Distress)

A green stream pre or post -intensive program to break the cycle of self-attack and related shame

Who is the program for?

Participants wishing to break the cycle maintaining low self esteem frequently associated with trauma, adverse experience and associated shame.

Program content

- Self acceptance
- Assertive communication -- Building positive beliefs
- Identifying distortions in thinking resulting in low self esteem
- CBT-based thought challenging
- Schema-Therapy based exploration of core-beliefs about the self, the world and others

About the program

This group provides an understanding how the problem of low self esteem developed and what keeps it going. The program focuses on thoughts, beliefs and opinions, but also provides a practical approach for changing those beliefs by changing behaviour. Patients are introduced to and encouraged to try new ways of behaving, and observe the impact this has on the way they feel about themselves.

When is it held?

Every Monday and Thursday 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