Manoeuvres

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

Patients who suffer from depression, anxiety or stress, this program may be useful in addressing their individual clinical needs.

Program content

- Understanding anxiety
- Understanding depression
- Understanding anger
- Emotion management
- Lifestyle balancing
- Assertive communication
- Goal setting
- Relaxation
- Coping with change
- Mindfulness
- Relapse prevention

About the program

This program is run by a multidisciplinary treatment team and is designed for people who want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day to day lives. Cognitive Behaviour Therapy (CBT), deals with the 'here and now' - how your patients current thoughts and behaviours are affecting them now. CBT recognises that events from the past help shape the way people think and behave. It does not dwell on past events but aims to find solutions on how to change your patients current thoughts and behaviours, so they can function better in the future.

When is it held?

Every Monday from 5:30pm to 8:30pm, over ten weeks.
Light refreshments are provided.

How to join

Patients interested in attending this program will need a referral with admission rights to The Hills Clinic Private Hospital.

How much does it cost?

Patients are admitted as a day patient and as such, depending on their level of cover can claim their attendance via their health fund. We ask that patients confirm any applicable
out-of-pocket excess or gap costs directly with The Hills Clinic Private Hospital. For patients without health fund coverage, a cost of $200 per session applies.

The Hills Clinic

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