

The Depression Management Program

The Depression Management Program gives participants the opportunity to strengthen and develop depression management skills. The group program builds on the understanding of depression gained whilst an inpatient on Woodlands Ward. It uses Cognitive Behaviour Therapy (CBT) to develop depression management techniques for confident use in every day life.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

This program runs for three hours once a week for 20 weeks. Please contact us on 1800 311 470 for the day and time of this program.

How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the Toronto Therapy Services on 1800 311 470 or visit www.torontoprivate.com.au

Who is the program for?

If low mood or depression causes problems in your life you could benefit from this course.

Program content

MODULE 1

- Week 1** Understanding Depression
- Week 2** How Thoughts Effect Mood
- Week 3** Unhelpful Thought Patterns
- Week 4** Thought Challenging
- Week 5** Core Beliefs

MODULE 2

- Week 6** Activity Scheduling
- Week 7** Relaxation
- Week 8** Gradual Exposure
- Week 9** Coping Strategies
- Week 10** Goal Setting

MODULE 3

- Week 11** Balanced Lifestyle
- Week 12** Sleep
- Week 13** Mindfulness
- Week 14** Eating
- Week 15** Relapse Prevention

MODULE 4

- Week 16** Communication
- Week 17** Boundaries
- Week 18** Interpersonal Effectiveness 1
- Week 19** Interpersonal Effectiveness 2
- Week 20** Building a Supportive Environment