

THE ANXIETY MANAGEMENT PROGRAM

The Anxiety Management Program gives participants the opportunity to strengthen and develop anxiety coping skills. We use a Cognitive Behaviour Therapy (CBT) framework to explore how thoughts and behaviours affect our mood. By understanding how thoughts and actions affect how we feel we can learn to manage anxiety more effectively.

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 16 weeks. Please contact us on 02 4950 5115 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 02 4950 5115 or visit www.torontoprivate.com.au

Who is the program for?

If stress or anxiety cause problems in your life you could benefit from this course

Program Content

MODULE 1

- Week 1 Understanding Anxiety
- Week 2 Managing Acute Anxiety.
- Week 3 Anxiety Maintaining Behaviors.
- Week 4 Gradual Exposure & Relaxation

MODULE 2

- Week 5 How thoughts affect mood.
- Week 6 Unhelpful Thinking Styles.
- Week 7 Thought Challenging.
- Week 8 Happiness Myths.

MODULE 3

- Week 9 Introduction to Core Beliefs.
- Week 10 Elevating your Core Beliefs.
- Week 11 Challenging your Core Beliefs.
- Week 12 Self-Compassion and Anxiety.

MODULE 4

- Week 9 Sleep.
- Week 10 Assertiveness Skills.
- Week 11 Goal Setting.
- Week 12 Relapse Prevention.