



# Service Information

## Centre for Clinical Interventions

### Who we are

The Centre for Clinical Interventions (CCI) is a specialist state-wide mental health service offering free, evidence-based treatment programs for mood disorders, anxiety disorders and eating disorders.

### Treatment Information

We provide Cognitive Behaviour Therapy (CBT), which is based on the concept that emotions and actions are largely influenced by thoughts. Research has shown that people tend to think unhelpful thoughts when they are feeling anxious or depressed.

CBT can teach you strategies to modify unhelpful thoughts and behaviours so that you can better manage your mood. Research has shown CBT is an effective treatment.

We offer treatment in both a group and individual format - the treatment offered to you will depend on the exact nature of your difficulties, and your individual circumstances.

The treatment offered at CCI is short-term and focuses on developing practical skills and strategies to manage your current difficulties. On average, treatment goes for about ten weekly sessions (or, in the case of eating disorders, 20 or more sessions).

All appointments take place during normal business hours (Monday-Friday, 9am-5pm), and are held at our clinic in Northbridge. As CCI forms part of the public mental health system, the service we offer is free of charge.



### Referral

If you are interested in seeking treatment at CCI, please ask your GP or psychiatrist to refer you to our service. Our referral form is available on the CCI website:

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

Please note, that in order to be eligible for treatment at CCI you must:

- ▶ hold a current Medicare card
- ▶ be over 18 years of age (or 16 years or over for the eating disorder program)
- ▶ have a current mood, anxiety or eating disorder.

### What to expect after referral

Following receipt of your referral, you will be placed on a waiting list. The exact length of the waiting list is variable, however it can be several months due to the high demand for our services.

Once there is a place available, you will be offered an initial assessment appointment. The purpose of this assessment is for us to put together a clear picture of the difficulties you are currently experiencing.

In addition to attending this appointment, you will be asked to complete a number of questionnaires that assist us in gathering information about the thoughts, moods and symptoms you are experiencing. We can then determine whether, and how, our service may be of assistance to you.

## Treatment expectations

Engaging in treatment at CCI requires more than a weekly commitment to attend sessions. Successful therapy requires active collaboration between you and your therapist.

This includes being responsible for your own attendance and committing to doing some work outside of the therapy sessions. Between-session tasks are set each session and there is strong evidence that those who complete these tasks benefit the most from treatment.

We routinely evaluate the outcomes of our treatment programs which are regularly published in scientific journals. Most people who complete treatment will see a significant improvement in their symptoms. People who regularly attend their appointments and practice the strategies they are taught tend to get more benefit from this kind of treatment. We always strive to further improve our outcomes.

## Our team

CCI is staffed by clinical psychologists who are trained and experienced in providing CBT for a range of mental health problems. A clinical psychologist is someone with specialist, postgraduate university training in psychological assessment and therapy.

## More information

We have developed a number of free self-help workbooks and information sheets based on our treatment programs. You can access these via our website:

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

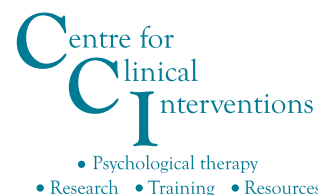
Having a look through the materials available on the CCI website will help you to learn more about the treatment approach used at our service.

## Contact details

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This document can be made available in alternative formats on request.

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