

More information

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

Having a look through the materials available on the CCI website will help you understand 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 for a person with a disability.



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Government of Western Australia
North Metropolitan Health Service
Mental Health

Service Information

Centre for Clinical Interventions



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Healthcare excellence
for our patients, population and community

Who we are

The Centre for Clinical Interventions (CCI) is a specialist state-wide mental health service offering free, evidence-based treatment programmes 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 this 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 structured, focused on developing practical skills and strategies to manage your current difficulties. On average, treatment goes for about 10 weekly sessions (or, in the case of eating disorders, 20+ 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.

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

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 programme)
- ▶ 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 service.

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

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

Treatment expectations

Engaging in treatment at CCI means more than just a weekly commitment of attending sessions. Successful therapy requires an 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 individuals who complete these tasks are the ones who benefit the most from treatment.

We routinely evaluate the outcomes of our treatment programmes. Information about the outcomes of our treatment programmes is regularly published in scientific journals. On average, two-thirds of people who complete treatment will see a significant improvement in their symptoms, which is comparable to international benchmarks. We are always striving to improve our outcomes further.

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.