

## **Group Treatment**

Our CBT group programme for people with anxiety or depression is called the Mood Management Course (MMC). A new MMC begins each month. The MMC runs for 10 weekly sessions of 2 hours, with a follow up session 4 weeks after the 10<sup>th</sup> session. The MMC provides a setting where you can: (1) gain an understanding of your problems, (2) learn practical strategies for managing them, (3) practise the techniques both in and outside of the group setting, (4) learn how to maintain the gains you have made during therapy and prevent relapse.

## **Individual Treatment**

Where group treatment is not suitable, we are sometimes able to offer individual treatment. In this case, you and your individual therapist will discuss and decide on the focus and length of therapy.

## **What will I be expected to do?**

Attending therapy sessions at **CCI** means more than just a weekly commitment of one or two hours. Successful therapy requires an active collaboration between you and your therapist. This includes being responsible for your own attendance and contacting your therapist if you are not able to make it to the session. It also means 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.

## **How to contact CCI?**

A referral from your GP or referral agent addressed to:

**Clinic Manager at CCI**  
**223 James St, Northbridge 6003**

or

*fax on:* **9328 5911**

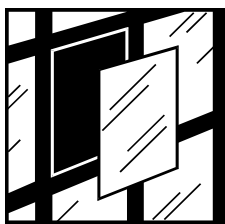
**C**entre for  
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**I**nterventions

• Psychotherapy • Research • Training

223 James Street,

Northbridge, WA 6003

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# Centre for Clinical Interventions (CCI)

## What is CCI?

**CCI** is one of the specialist programmes offered by Graylands Selby-Lemnos and Special Care Health Services. We offer cognitive behavioural therapy (CBT) for individuals suffering from anxiety disorders and depression. We also conduct psychotherapy research.

**CCI** provides a clinical service based on current best practice, which aims to best meet the needs of our clients. As **CCI** forms part of the public mental health system, the service we offer is free.

## What is CBT?

Cognitive behavioural therapy (CBT) is based on the concept that our emotions and actions are largely influenced by our thoughts. Research has shown that people tend to think unhelpful thoughts when they are feeling anxious or depressed. CBT can teach you techniques and strategies to modify unhelpful thoughts and behaviours so that you can better manage your mood. When compared to other forms of psychotherapy, CBT is the treatment of choice for anxiety and depression. In order to provide best practice psychotherapy, **CCI** is staffed by clinical psychologists who are trained and experienced in providing CBT interventions.

## What can I expect on my first appointment?

Following your referral to us, you will be offered an initial interview. The purpose of this interview is for us to conduct a comprehensive assessment 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, and stressors that you are experiencing. Upon completion of the interview, we can then determine whether, and how, our programme may be of assistance to you. Although we specialise in the delivery of group interventions, we can provide individual treatment where necessary.