

# Intensive MH CBT Program

**A clinical space to develop insights into and create change for psychological (perceiving, feeling, thinking, and acting) patterns with oneself and others.**

## Who is the program for?

This program may be useful in addressing individual clinical needs of people recovering from a mental illness such as anxiety, depression or bipolar disorder.

## Program content

- Psychological flexibility
- Learning how to be present
- Knowing what matters
- Doing what it takes
- Increased awareness
- Being in the here and now
- Mindfulness
- Understanding values
- Committed action
- Building motivation
- Doing what matters

## About the program

This program is based on the principle of accepting what is out of one's personal control while committing to action to enrich their life and make it more meaningful. It aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarify values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

## When is it held?

Mon-Fri 09:00 am - 3.00 pm

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Eden Private Hospital

**For information on this program please contact the Eden Private Hospital Day Programs Team. Phone 07 5472 6472 or email [eden.private@aurorahealth.com.au](mailto:eden.private@aurorahealth.com.au)**