

# BCPND Cognitive Behavioural Therapy (CBT) Follow Up

Providing resources, education and support to enhance the ability to enjoy parenthood.

## Who is the program for?

Patients who would like ongoing support after attending the BCPND CBT Program. This follow up program may be beneficial in supporting continued psychological wellbeing and preventing relapse.

## Program content

Topics are negotiated by the group in advance. Example topics include:

- CBT skills refresher
- Managing your thoughts
- Sleeping and settling babies
- Overcoming guilt
- Anger management
- Cultivating happiness
- Bedtime problems
- Values focused living
- Managing relationship issues
- Couples communication
- Sex and intimacy
- Managing anger
- Return to work strategies
- Acceptance and commitment therapy
- Tantrums
- Strength groups

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### About the program

The Brisbane Centre for Postnatal Disorders (BCPND) Cognitive Behavioural Therapy (CBT) Follow Up Day Program is designed for women who are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child and have attended the BCPND CBT Program. It is based on the principles of CBT and has been developed from current research into postnatal disorders and international standards of treatment for these disorders. The program offers ongoing support for mothers who are able to bring their baby (until 14 months of age) with them and share with other mothers.

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### When is it held?

Every Wednesday and Thursday from 9:15am to 12:30pm. Topics are the same on each day, so attendance can be on either day, not both. Morning tea and lunch is provided.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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Belmont  
Private Hospital

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