

# BCPND Cognitive Behavioural Therapy (CBT)

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

## Who is the program for?

Patients suffering from emotional or psychological difficulties associated during pregnancy or in the postnatal period such as depression or adjustment problems.

## Program content

- Understanding anxiety
- Understanding depression
- Challenging distorted thinking
- Anxiety management
- Anger management
- Exploring values and lifestyle balancing
- Views of motherhood
- Assertive communication
- Goal setting and relaxation
- Managing perfectionism
- Self esteem and mindfulness
- Coping with change
- Triple P Parenting

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### About the program

The Brisbane Centre for Postnatal Disorders (BCPND) Cognitive Behavioural Therapy (CBT) Day Program is designed for women who are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child. The program 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 aims to build confidence and self esteem, and assist with the development of skills and strategies for coping and managing emotions. It includes Triple P Parenting training and a Partners' Information Evening.

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### When is it held?

Every Tuesday and Friday from 9:15am to 3:00pm, for six weeks. Morning tea and lunch is provided. Childcare is available for babies up to six months of age.

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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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