

Cognitive Behavioural Therapy Masterclass

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

Patients who have recently attended the Cognitive Behaviour Therapy (CBT) Day or Evening program are eligible to attend.

Patients who have attended the Inpatient CBT Program will need to have completed at least two months of follow up programs before commencing this Masterclass.

If patients are interested in learning more advanced CBT skills in a supportive group atmosphere, this program may be useful in addressing their individual clinical needs.

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About the program

This Masterclass is for patients who have previously attended the CBT Day or Evening Programs (or the Inpatient CBT Program plus two months of follow up), and now wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. The Masterclass program focuses on practicing CBT skills, both in sessions and with homework exercises, in order to develop proficiency in regularly utilising these skills in everyday life.

Participants will gain a deeper understanding of the positive impact CBT skills can have in all aspects of life and patients attending the program are asked to commit to four weekly sessions on a particular topic at a time.

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When is it held?

Every Wednesday from 6:15pm to 9:30pm, over four weeks. Dinner and light refreshments are 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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