



FOR YOUR INFORMATION

COGNITIVE BEHAVIOUR THERAPY (CBT) PROGRAM

Start date to be determined

When:	Tuesday & Thursday from 5.30 to 8.30pm
How long:	4 weeks
Who:	Day patients only
Cost:	May be covered by private health fund; check with the Centre & your fund
Facilitator:	Dr Mark Craigie (Clinical Psychologist Registrar)
Where:	The Marian Centre Subiaco 187 Cambridge Street Wembley WA 6014

The CBT Program is most suited to patients who:

- Are experiencing an *acute* episode of depression or anxiety
- Need to be able to *discuss* their current difficulties
- Need to learn *active strategies* for symptom management, problem solving & improvement in mood

Referral from an accredited psychiatrist is required. Referrals can be made by completing a **Therapy Referral Form** & forwarding to reception at The Marian Centre. Fax: (08) 9388 3179.

Alternatively online referrals can be made by going to our website at www.themariancentre.com.au

Please contact reception to enquire about cost & health fund rebates
For information about the program please contact **Dr. Mark Craigie:**

Email: mcraigie@themariancentre.com.au

Phone: (08) 9380 4999