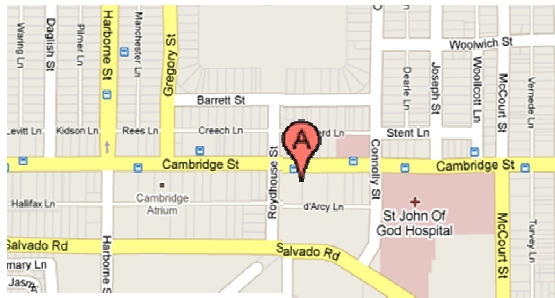


Where is the Program ?



**The Marian Centre
187 Cambridge street
Wembley WA 6014**



**Phone: 08 93804999
Fax: 08 93883179**

Visit our website:
www.themariancentre.com.au

Your Supporters

People need People

A supporter's session is run during the course. It aims to provide your supporters with information on mental health problems and practical ways of helping you during your recovery.

Getting Referred & Costs

A referral from an accredited medical practitioner is necessary to be eligible to take part in a program. Before starting the program you will be reviewed by one of our therapists. This is to ensure the program is suited to your needs. Your type and level of private health insurance will determine how much the program costs. Our administration department will be able to determine any out of pocket expenses prior to you commencing the program. It is advised that you also contact your private health fund. For further information please contact The Marian Centre.

**The Marian Centre
Tel: 08 9380 4999**



LIVING WITH CONFIDENCE



ENHANCED COGNITIVE BEHAVIOUR THERAPY (CBT- E)

An evidence-based program
to help improve mood,
reduce anxiety,
build confidence,
deal with stress,
and work towards your valued goals.

It's the Thought that Counts

Integrating the latest in scientific evidence-based strategies.

Become your own therapist and work independently towards your goals.

Enhanced
Cognitive Behavior Therapy
(CBT-E)

is a skills-based program designed to help overcome distressing anxiety and mood problems that can impact significantly on the quality of life. CBT is based on understanding and working with the relationship between thoughts, feelings, and actions. It helps to identify negative & unhelpful thoughts & behaviors & to develop more realistic & constructive alternatives.

The Marian Centre offers CBT in a form that incorporates some of the latest evidence-based techniques. The 2-week Intensive program also includes learning mindfulness and acceptance and commitment therapy (ACT) strategies.

CBT has been shown to help with various mental health conditions and problem areas.

For example:

- Depression
- Anxiety & Panic
- Low confidence
- Poor motivation
- Excessive worry
- Procrastination
- Low self-esteem
- Poor sleep
- Stress
- Relationship problems



Programs run regularly throughout the year.

2-week Intensive Day Program:

Monday to Friday
9am to 4:15pm

This program involves 10 full-day sessions. It is broader and more intensive than the 4-week program. It includes mindfulness and acceptance and commitment therapy strategies. It is designed for those people that can be available during the day for a two-week period. Lunch, morning and afternoon tea provided.