

Introduction to CBT Group

No cost

Light refreshments
will be provided.
All participants will receive
a workbook to keep.

This 3-week group aims to provide participants with an introduction to the Cognitive Behavioural Therapy (or CBT) model. It is not a formal treatment program however does incorporate principles and skills of CBT to introduce participants to what engaging in therapy with a health professional might be like. This group will include information on the following:



The Cognitive Behavioural
Therapy Model



Analysing and Challenging
unhelpful thoughts



Behavioural Activation



Healthy Coping Skills



Graded Exposure



Where to get further support



Unhelpful Thinking Styles

This group runs in the evenings of weekdays during the school term.

To register your interest in attending this group, please email:

hello@thinkmh.com.au or call 1800 595 212

Canberra Head to Health, Unit G11 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

An assessment with our intake team is required prior to commencing in the group.

We have a harm minimisation framework so please do not
consume drugs or alcohol prior to attending group.

1800 595 212

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Think Mental Health Pty Ltd

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