



PUTTING YOU FIRST

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.

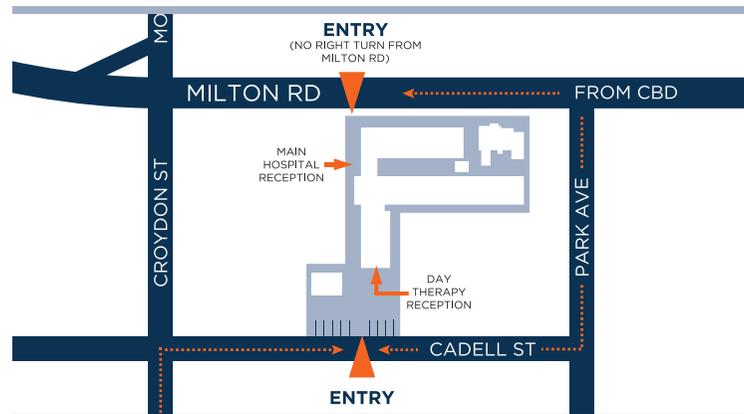


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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.

COGNITIVE BEHAVIOUR THERAPY

Mood Disorders Program



NSQHS



TRPS



Quality ISO 9001

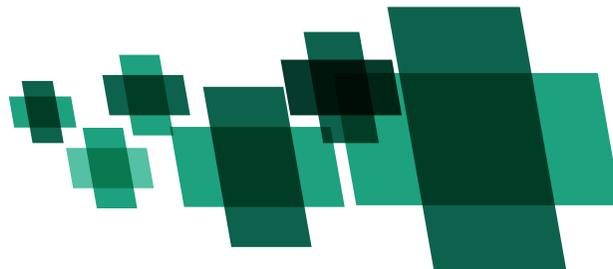


DAY TREATMENT PROGRAM FOR MOOD DISORDERS

Toowong Private Hospital's (TPH) Cognitive Behaviour Therapy Program for Mood Disorders is designed to help you manage your mood and improve your quality of life.

Everyone experiences feeling sad or low from time to time but if these feelings persist and are inconsistent with your circumstances you may have a mood disorder.

Symptoms of mood disorders include feeling sad, guilty, hopeless or helpless; suicidal thoughts; fatigue; changes in appetite; difficulty concentrating; trouble engaging in daily tasks and relationship difficulties or conflict. The causes can be related to the way you think about things, the behaviours you engage in (such as withdrawal), an imbalance in brain chemicals, medical conditions, substance abuse, life events or other reasons.



Evidence-based Treatment Program

At TPH we use evidenced-based Cognitive Behaviour Therapy (CBT) to treat mood disorders. This structured psychological treatment focusses on managing unhelpful thoughts and behaviours to improve the way you feel.

We teach new cognitive and behavioural skills that will help you manage your symptoms and achieve greater emotional stability. As part of the program, we work with you to change your pattern of thinking to one that is action orientated and focussed on problem solving.

Our CBT Mood Disorder Program is designed to complement any treatment you may already be receiving from your psychiatrist, psychologist or general practitioner.

This program is designed for the main types of mood disorders.

- Major Depressive Disorder which presents as severe low mood that interferes with your social, occupational or other important parts of your life.
- Persistent Depressive Disorder (Dysthymia) which is regarded as sustained, long-term low mood and low self-esteem.
- Bipolar Disorder which is characterised by alternating times of low mood (depression) and extreme happiness (mania).

The TPH Program for Mood Disorders is a day patient group therapy treatment. We encourage you to actively participate in the group sessions. Each treatment program runs for four weeks with two sessions per week.



During the sessions we will work with you to:

- Challenge unhelpful thoughts and beliefs that cause or contribute to low mood
- Foster more realistic ways of thinking
- Develop problem-solving skills
- Manage stress and symptoms by learning effective relaxation techniques
- Improve motivation
- Explore and manage difficult emotions
- Set goals for the future and prevent relapse.