



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.

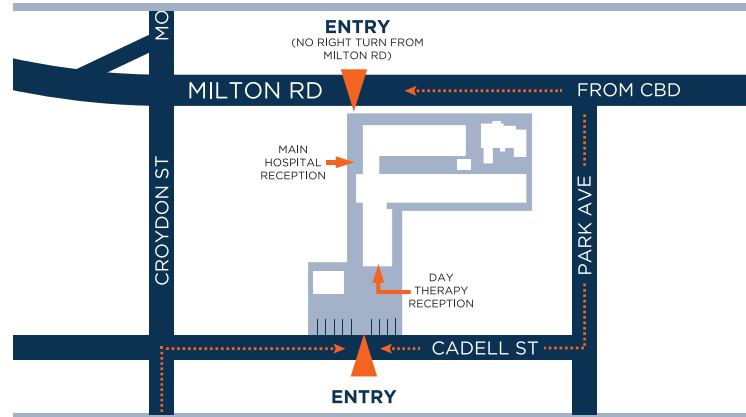


496 Milton Road, Toowong, Queensland, 4066
07 3721 8000

e tph@toowongprivatehospital.com.au

w toowongprivatehospital.com.au

f [Facebook.com/ToowongPrivateHospital](https://www.facebook.com/ToowongPrivateHospital)



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

Anxiety Program



NSQHS
SAI GLOBAL



TRPS
SAI GLOBAL



Quality ISO 9001
SAI GLOBAL



DAY TREATMENT PROGRAM FOR ANXIETY DISORDERS

Toowong Private Hospital's (TPH) Cognitive Behaviour Therapy Program for Anxiety Disorders is designed to provide you with tools to reduce the effects of high anxiety and improve your quality of life.

Everyone experiences anxiety from time to time; it is a normal response to stressful situations and usually subsides once the situation is resolved. Anxiety disorders are when anxious feelings are experienced at a high level for long periods of time which make it difficult to perform in social, occupational, or other important areas. It is a serious condition that makes it challenging to cope with daily life.



Evidence-based Treatment Program

At TPH we use evidence-based Cognitive Behaviour Therapy (CBT) to treat anxiety disorders. This structured psychological treatment focusses on changing unhelpful thoughts (cognitions) 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 Anxiety Program is designed to complement any treatment you may already be receiving from your psychiatrist, psychologist or general practitioner.

This program is suitable for a number of types of anxiety disorders.

- General Anxiety Disorder which is characterised by frequent anxiety and worry most days for extended periods of time.
- Panic Disorder which represents as repeated panic attacks, combined with major changes in your behaviour or experiencing persistent worry about having further panic attacks.
- Social Phobia which is an intense fear of any number of social situations; in particular, situations where you may fear being watched or evaluated by others.

The TPH Program for Anxiety Disorders is a day patient group therapy treatment. It focusses on giving you a greater understanding of the physical and psychological effects of anxiety disorders and equipping you with skills to effectively manage your mental health. We encourage you to actively participate in the group sessions as this will maximise your capacity to manage your anxiety in the future. 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 contribute to high anxiety and develop more realistic ways of thinking
- Develop problem solving skills to manage complex situations
- Manage anxiety symptoms by learning effective relaxation techniques
- Improve coping skills such as assertiveness in difficult situations
- Set goals for the future and prevent relapse.