

A-STOP: Anxiety Stress Trauma Outpatient Program

Who is it for?

The A-STOP Outpatient program is for people who have **Anxiety Related Disorders** who are looking to gain greater control over their anxiety and their lives. Specifically the program will cater for people with:

Generalised Panic Disorder Obsessive Compulsive Disorder
Post Traumatic Stress Disorder Panic Attacks
Social Phobia Specific phobias
Depression (resulting from long term anxiety)

What is in it?

The program will address four main issues.

- What is anxiety?
- How does it develop?
- How is it maintained? and
- How do I gain more control over it?

When: <i>Mondays 9:00am –3:00pm.</i> How Long: <i>12 weeks</i>

Each day includes:

- Information sessions
- Practical workshops
- Group therapy session
- Body-awareness, relaxation and meditation activities
- An opportunity to talk with staff about personally relevant issues.

This is an open program and can be commenced at any time to help maintain recovery.

This program is facilitated by psychologists Dr Clive Williams and Sioban Laffey-Ardley (intern).

Morning tea and lunch will be provided

For further information please contact the Intake Manager on 07 3881- 7291

www.pineriversprivate.com.au

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