

## *The Psycho-Oncology Wellbeing Program* *~ Northpark Private Hospital ~*



The *Psycho-oncology Wellbeing Program* will explore elements of recovery while providing a safe and supportive environment for participants. Principles of Cognitive Behaviour Therapy (CBT) and Mindfulness will be employed throughout the program to address patients' needs, and assist them in moving ahead with confidence.

Participants will be invited to take a holistic approach to overcoming depression or anxiety by trying out different management options. An introduction to Mindfulness techniques will be a major focus of the program – including being in the present, and utilising healthy thinking techniques.

Additional program content will explore:

- Approaches to better mental health
- Strategies for coping
- Dealing with relationships and change

### *Group Information:*

- The program will involve attendance at 5 weekly sessions of 2 hours in duration and be facilitated by Christie Arbuckle, Northpark Therapy Coordinator and Psychologist.
- The program will commence on the 8<sup>th</sup> October 2008 at Northpark Private Hospital.
- To attend the program a "Mental Health Care Plan" referral from your treating G.P. is required, this will allow you to access the Medicare group program rebates. The total cost for the program in total is \$275 and must be paid up front.



All enquiries are to be directed to Christie Arbuckle  
at Northpark Private Hospital on 9467 6022 during business hours