



Curtin Psychology Clinic Groups & Individual Therapy

The following services are available during the second half of 2020 at the Curtin Psychology Clinic. Please note that group places are limited and referrals must be received before COB 21st August 2020.

Individual therapy

The Curtin Psychology Clinic is able to offer individual treatment sessions for adults, children, adolescents and their parents/carers for a range of mental health issues. We provide specialised services for Obsessive Compulsive and the Related Disorders across all ages (e.g., trichotillomania, health anxiety, hoarding disorder, excoriation, body dysmorphic disorder). *Start date: ongoing.*

Child & Adolescent Groups

Aussie Optimism – Feelings & Friends Group (5-7 year olds)

This 10 week group programme focuses on identifying feelings and forming good relationships. The program assists children to manage strong feelings, cope with challenging situations, and be friendly with others. *Start date: Monday 14th September from 4.00pm – 5.00pm*

Aussie Optimism - Positive Thinking Skills Group (8-9 year olds)

This 10 week group programme focuses on emotional competence, and cognitive skills. The program assists children to identify their feelings and thoughts, to learn strategies to cope with fears, and teaches them how to relax and think rationally about situations. *Start date: Tuesday 15th September from 4.00pm – 5.00pm*

Aussie Optimism - Social Life Skills group (10-12 year olds)

This 10 week group programme teaches children how to regulate their feelings, communicate effectively and solve interpersonal problems. Activities develop the child's confidence to use skills in a variety of contexts, including resisting peer pressure. *Start date: Wednesday 16th September from 4.00pm – 5.00pm*

Adult Clinic

OCD Group Therapy

This 10 week Obsessive Compulsive Disorder group treatment program is designed to directly target the rituals and obsessional thoughts that keep OCD going. Participants will learn to gradually confront feared thoughts, objects and situations while reducing the rituals they feel driven to perform. *Start date: Tuesday 15th September 4.00-6.00pm.*

OCD Step-up – Open Group Therapy – NEW!!

This new group program is designed for those who have recently completed an initial exposure and response-prevention (ERP) based group or individual treatment course, but would benefit from continuing to work through their ERP step-ladder in a supportive group environment. Participants can join at any point but commit to an 8 week block of weekly attendance. *Launch date: Monday 24th August from 1.00-3.00pm.*

Please be aware that all participants must first attend an initial assessment session (\$45) to determine their suitability for any group. Group fees are \$25 per session (payable up front at \$200 for 8 session programs, and \$250 for 10 session programs). As fees are already discounted, there are no further rebates or discounts available for concession card holders.

Please contact us early to avoid missing out and to allow for an assessment to be completed in time to start dates across August and September. Please visit [Curtin Clinic Referrals](#) and get your referral in soon.

Kind regards

Dr Rebecca Anderson
Clinic Director