



Curtin University



THE CURTIN ADULT PSYCHOLOGY CLINIC

The Curtin Adult Psychology Clinic provides a range of clinical psychology services by Clinical Psychology Trainees undertaking supervised advanced postgraduate training.

THE CURTIN ADULT PSYCHOLOGY CLINIC

Individual sessions

The trainee therapists are supported and supervised by a team of highly experienced, registered Clinical Psychologists to treat a variety of clinical problems including: depression, obsessive compulsive disorder and generalised anxiety. Treatment is also available for people experiencing low self-esteem, perfectionism, panic attacks, anger management issues, social anxiety and eating disorders.

Groups

All participants attend an individual assessment prior to the group starting.

- *Obsessive Compulsive Disorder*
A 10 week group for adults to learn how to manage obsessions and compulsions by exercises in identifying obsessive thoughts and changing reactions to them.
- *Generalised Anxiety Disorder*
A six week group for adults to learn how to manage and reduce excessive worry and rumination. Participants will learn to respond to anxiety provoking thoughts in a more helpful manner.
- *Mood Management for Anxiety & Depression*
A 10 week group for adults to learn effective coping skills to reduce anxiety and depression, including relaxation skills, how to challenge unhelpful thinking and other strategies.
- *Mindfulness*
An 8 week group for adults to learn how to reduce stress and live more in the moment.

Fees *

Our fees are affordable.

| | |
|-------------------------|-------------------------|
| Individual consultation | \$45 |
| Group sessions | \$25 |
| Cognitive Assessments | \$255 (includes report) |

*Fees subject to periodic review.

You can find us in the Health and Wellness Centre, Building 404, Curtin University, on the Bentley campus.

For more information call **9266 1717** or visit healthsciences.curtin.edu.au/our-clinics/

Make tomorrow better.