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

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Individual consultation</td>
<td>$45</td>
</tr>
<tr>
<td>Group sessions</td>
<td>$25</td>
</tr>
<tr>
<td>Cognitive Assessments</td>
<td>$255 (includes report)</td>
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</tbody>
</table>

*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.