

'CORE BELIEFS':

A TRANSITION TO INDIVIDUAL COPING

Groups run by:

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(please see our website for
information on group start dates)



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Core Beliefs influence the way we see ourselves, other people and the world. Because they were largely developed at a young age, it may never occur to us to evaluate whether they are the most useful ways of understanding our adult experiences. Instead, as adults, we often act, think and feel as if these beliefs are still 100% true.

Consequently, although some of our Core Beliefs may be healthy, it is important to identify and challenge those that are unhealthy so that we can reduce levels of distress and learn to think and behave more adaptively in our daily lives.

This program is a six-week independent and individually tailored group program, designed to build upon one's understanding of 'Core Beliefs' developed in the 'Thinking Well' program.

At the end of the program, participants should be able to:

- *Identify negative Core Beliefs (and Assumptions)*
- *Identify their historical context*
- *Make the connection as to how they link (affect) one's life today*
- *Identify potential alternative Core Beliefs (more realistic and functional beliefs)*
- *Develop strategies for challenging the old beliefs and developing/strengthening the new alternative beliefs*

Pre-requisites for Group:

- Completion of the 'Thinking Well' program
- Referral from your individual psychologist
- The attendance of at least two sessions with your individual psychologist throughout the duration of the group program

• Program Cost: \$350.00

- Cost includes a work booklet (\$35)
- Payment methods: Visa, Mastercard, Cash, Cheque.
- Medicare rebates may be available with a referral from your GP

