

WATTLETREE PSYCHOLOGY

'CORE BELIEFS': A TRANSITION TO INDIVIDUAL COPING

Group run by:

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and
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This program is currently
being REVISED

Date and Time TBC

(For more information and dates
please visit our website)



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PSYCHOLOGY

Core Beliefs influence the way we see ourselves, other people and the world. Because they are largely developed at a young age, it may never occur to us to stop and evaluate whether they are still the most useful way of understanding our adult experience.

Consequently, although some of our Core Beliefs may be healthy, it is important to identify and challenge those that are not. In doing so we can begin to reduce levels of distress and learn to think and behave more adaptively.

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

At the end of the program, participants will have learned to:

- *Identify a negative Core Belief*
- *Identify its historical context*
- *Make the connection as to how it affects one's life today*
- *Identify a potential alternative Core Belief (more realistic and functional belief)*
- *Develop strategies for challenging the old belief and developing/strengthening the new*

Pre-requisites:

- 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 workbooklet
- Payment methods: Visa, Mastercard, Cash, Cheque.
- Medicare rebates may be available with a referral from your GP

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