

‘THINKING WELL’:

LEARNING THE SKILLS TO THINK IN A MORE BALANCED WAY

Groups run by:

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



Wattle Tree Psychology

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People who think in a healthy way are more resilient in responding to the events of their lives. Healthy thinking is directly linked to emotional well-being.

This group program is a six-week skills-based program designed to introduce the basics behind cognitive behaviour therapy (CBT).

At the end of the program, participants should have learned:

- *About the effect changes in thinking will have on their feelings and self-esteem*
- *Practical strategies to identify unhelpful thoughts*
- *To be able to replace unhelpful thoughts with more balanced thinking*

• **Program Cost: \$350.00**

• Cost includes workbook:
Mind over Mood (\$35)

• Payment methods: Visa, Mastercard, Cash, Cheque.

• Medicare rebates may be available with a referral from your GP