

WATTLETREE PSYCHOLOGY

‘THINKING WELL’: LEARNING THE SKILLS TO THINK IN A MORE REALISTIC WAY

Group run by:

Dr Sarah Cotton

Saturday Mornings

9.30am - 11.30am

(Morning tea provided)

(For more information and dates
please visit our website)



**WATTLETREE
PSYCHOLOGY**

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.

‘Thinking Well’ is a six-week psycho educational skills-based program designed to introduce the basics behind Cognitive Behaviour Therapy (CBT).

At the end of the program, participants will 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 realistic thinking*
- *A tangible tool called the ‘Thought Record’ that they can apply to their current situation as well as take with them as an important life skill!*

“...the program is a credit to the practice... thank you for the gift of CBT it has and will be life changing”

(Previous Participant Comment)

- **Program Cost: \$350.00**
- Cost includes a workbook and the text ‘Mind over Mood’
- Payment methods: Visa, Mastercard, Cash, Cheque.
- Medicare rebates may be available with a referral from your GP

Suite 1B 307 Wattle Tree Road Malvern East 3145

P: (03) 9500 0455 F: (03) 9500 0388

E: wgroup01@mail.tpg.com.au

W: wattletreepsychology.com.au