

# Young @ Heart - Cognitive Behaviour Therapy for Older People

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

## Who is the program for?

This program would be beneficial for people over 50 years of age who are experiencing adjustment difficulties, anxiety and/or depression.

## Program content

- Wellness strategies
- Expression of feelings
- Coping with loss and change
- Living with mental illness
- Identifying and building strengths
- Problem solving
- Stress management
- Relaxation
- Mindfulness

.....  
**About the program**

This program is designed to meet the needs of mature aged patients and is based on the principles of Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) and other strength based therapies. Sessions include reminiscing, validation, generating meaning, dignity, positive appraisal and reframing daily experience. It allows patients to review their life, both past and present in a positive and supportive environment. A therapist invites patients to discuss issues that are most important to them, and to participate in activities that provide a sense of enjoyment and achievement.

.....  
**When is it held?**

This open group is held every week for eight weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

- 8:30am - 9:00am Registration and sign in
- 9:00am - 2:30pm Group program
- 2:30pm - 3:30pm Facilitated relaxation session

Speak to a psychiatrist at Robina Private Hospital or contact Robina Private Hospital's day program reception on 07 5665 5100 to find out which days this group is offered.

.....  
**How to join**

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

.....  
**How much does it cost?**

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

**Robina**  
Private Hospital