



Next Door Psychology – Workshop Calendar 2021

At Next Door Psychology, we are holding six individual workshops in April, May & June 2021. Participants can register for one-off workshops for their needs or attend as many as they would like to. Participants will be required to pay for their attendance upon registration to secure their position. The cost is \$50 for the 90-minute workshop. If you obtain a Mental Health Care Plan from your GP & have a Medicare card, you are eligible for a rebate of \$31.65 for this workshop.

Due to this program being a closed group with limited places being available, a full deposit is needed to secure your spot. If you are in financial hardship, please speak to your psychologist or our reception about payment plans for the deposit. Light refreshments will be available at each session. ***Please contact our Reception directly on 1300 795 292 to discuss further or to secure your place.***

Workshop Descriptions

Thursday, 22nd of April 2021 – 1pm-2.30pm -Managing Anxiety & Worries

Do you often worry & find it hard to control your worries? This group will focus on strategies that you can use to manage & control your anxiety through gaining an understanding about the reasons that underlie your anxiety, learning strategies to help to change the way you think. We will also focus on teaching you exercises & breathing techniques that can assist your body to feel calm & less anxious.

Thursday 6th of May 2021 - 1pm-2.30pm -CBT Core Skills to Manage Depression

Are you struggling with low mood? Finding it difficult to enjoy things you used to, or feeling weighed down by negative thoughts? The CBT Core Skills Group for depression focuses on the relationship between negative thinking styles, unhelpful behaviours & managing depression. You will learn about a number of techniques & tools to notice & change the patterns that maintain depression in a group setting where you can gain support & insight from other group members.

Thursday 20th of May 2021 – 1pm- 2.30pm - Tackling Insomnia

This group session is aimed at helping anyone who finds it difficult to fall asleep at night, or often wake up during the night & find it hard to fall back to sleep. This group will focus on helping you recognise & change beliefs or thoughts that may be affecting your ability to sleep, providing strategies to help you sleep better, teaching methods that focus on helping calm your mind & body when trying to sleep. We will also be looking at the importance of routine, diet & exercise in relation to improving sleep.

Thursday 3rd June 2021 – 1pm- 2.30pm - Stress Reduction through Mindfulness

Are you struggling with stress? Are you feeling overwhelmed? Do you ever feel like you're on autopilot? This group may be for you. The Stress Reduction through Mindfulness group offers evidence-based skills to achieve a mental state of calm & increased feelings of wellbeing. You'll learn how mindfulness can change the structure of the brain through building awareness & acceptance of the present moment, your thoughts & your emotions. You'll experience first-hand the benefits of mindfulness in decreasing strong reactions to feelings of stress, increasing your ability to focus, as well as developing a sense of compassion towards yourself & others.

Thursday, 17th June 2021 - 1pm- 2.30pm - Anger Management Skills

Do you struggle to deal with emotions such as irritability, agitation, or anger? Do you find yourself regretting your reactions to certain situations? The Anger Management Skills Group will focus on what triggers & contributes to feelings of anger, & the negative thought patterns & beliefs that underlie strong emotional & behavioural reactions. You'll learn strategies to manage feelings of anger, build awareness of how experiences of anger are helpful or harmful, & practice ways to respond to situations with assertiveness in a supportive group environment.

Thursday 24 June – 1pm – 2.30pm - Assertiveness Skills

Do you ever wish you had spoken up more, or have struggled to communicate exactly what you wanted to? This group helps people to learn strategies to communicate their wants & needs clearly & respectfully. Communicating in this assertive manner can help to minimise conflict, have your needs met better, & to develop more positive relationships with friends, family & co-workers. You will learn how to become more assertive & confident in their communication. You will learn about how emotions get in the way of being assertive, thought distortions that prevent confidence in communications, & strategies for identifying bodily sensations that might contribute to a lack of assertive communication & how to be assertive in your body.