

# DEPRESSION TREATMENT GROUP BROCHURE



## ***Who is this group based treatment for?***

Adults aged 18-65 who are primarily suffering from major depression.  
Adults who want to learn skills to improve their quality of life and to better manage their mood, now and into the future.

## ***Who will provide the treatment?***

Nick Ramondo, a Clinical Psychologist with 37 years' experience, and a co-therapist will provide the treatment.

## ***What kind of treatment will be used?***

The treatment is based on behavioral activation and cognitive therapy which are among the most effective psychological based treatments for depression. Every participant will be taught the same behavioural and cognitive skills. In addition, we are looking to enhance this learning with additional interventions.



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**ROBIN WINKLER CLINIC**  
SCHOOL OF PSYCHOLOGICAL SCIENCE



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## ***When do the groups start?***

There will be four intakes in 2020: February, May, July and October. Each group will run for 10 consecutive weeks, from 7.00-9.00pm.

## ***What is the cost?***

As the treatment is a randomised control trial (RA/4/205703), there is no charge for attendance. The Principal Investigator is Assoc Prof Carmela Pestell and Mr Nick Ramondo is a PhD Candidate at UWA.

## ***How do I enrol?***

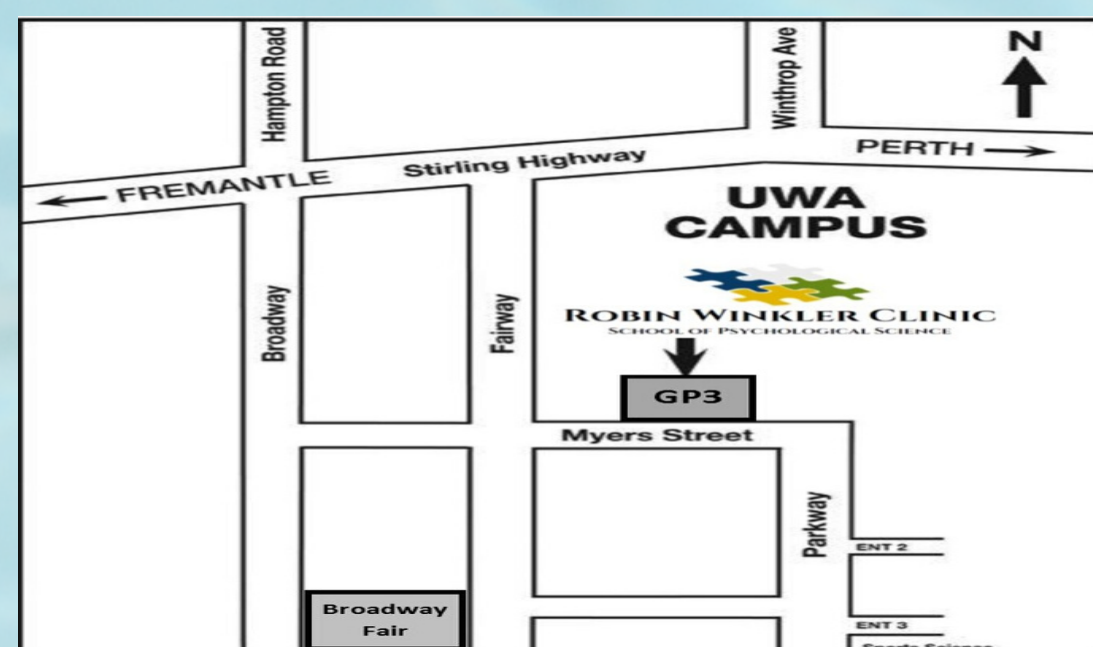
As this group program will not suit everyone, we ask that you first complete a brief online survey. Depending on your responses, we will invite you in for an interview at the clinic. To access the survey, please go to Group Psychological Treatment tab [uwa.edu.au/facilities/robin-winkler-clinic](http://uwa.edu.au/facilities/robin-winkler-clinic)

## ***What is the location?***


The interview and treatment groups will be conducted at the Robin Winkler Clinic, which is located on the first floor of the General Purpose Building (GP3), University of WA, Myers Street, Crawley. From Myers St., walk up the ramp (opposite No.31) to the walkway between the Sanders Building and GP3. Enter through the glass door on the left. There is metered parking available on the street, payable between 8am-6pm.

## ***Enquiries?***

If there any queries, please call the Clinic on 6488 2644 or email [clinic-sps@uwa.edu.au](mailto:clinic-sps@uwa.edu.au)



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