



ROBIN WINKLER CLINIC

DEALING WITH DEPRESSION GROUP

Having difficulties with depressed mood...

Not sure what may help...

Not sure where to get help...

Not sure how to afford it...

Our Dealing with Depression Group may be a good fit for you!

This group is suitable for adults experiencing depression now, as well those who have experienced depression in the past and want to prevent a relapse.

Note: The group is not suitable for depression that is part of a bipolar disorder diagnosis or history of mania. Please see your GP for support options.

The group treatment we offer is based on behavioural activation, which is one of the most effective psychological treatments for depression. If you are interested in learning skills focused on changing your behaviour to change your mood, then this group may be right for you.

Each group includes around eight to ten participants and is facilitated by clinical psychology trainees at the Robin Winkler Clinic, working under close supervision.

The program consists of eight weekly, 2-hour sessions. Over the 8 weeks we will cover various topics and strategies such as:

- understanding depression & behavioural activation
- behavioural antidepressants & activity scheduling
- getting out of the depression TRAP & getting back on TRAC
- boosting motivation
- values & action
- dealing with rumination
- problem solving
- maintaining gains

Date: Every Tuesday for eight weeks from Tuesday 6 October

Time: 3–5pm

Cost: \$10 per session

For more details, please email clinic-sps@uwa.edu.au

You are required to attend a free initial appointment to check that the program is right for you.

Scan the QR code to complete
our expression of interest form



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