

Re-vitalise

Your Mood

Course at-a-glance

This weekly course shares mindfulness and cognitive behavioural therapy (CBT) based techniques with people experiencing symptoms of low mood and depression.

About the programme

Facilitated by our clinical psychologists, Re-vitalise Your Mood is an expert-led programme consisting of eight half or full-day sessions.

A mixture of inquiry and skill based approaches from CBT, mindfulness and psycho-education are utilised alongside practical exercises and wellness techniques.

Programme details

The Re-vitalise: Your Mood programme covers the following key content areas:

- Facts around low mood and depression, the causes and mechanisms, signs and symptoms
- Understanding and implementing behavioural activation, with responsive mindfulness
- CBT-informed skills, recognising the links between thoughts and feelings

Outcomes

Course participants will develop a better understanding of their own experience of depression.

They have the opportunity to learn, explore and practice an array of techniques, finding their own personal skill set to improve their mood and wellbeing.

How to contact us

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Along with attending the group, participants will have individual sessions to construct their own wellness plans.