



Mood Management Course

Centre for Clinical Interventions



What is Depression?

The word depression is used a lot in everyday language to describe feelings such as sadness, disappointment and lethargy. In clinical practice, major depression differs from everyday 'down' feelings in that:

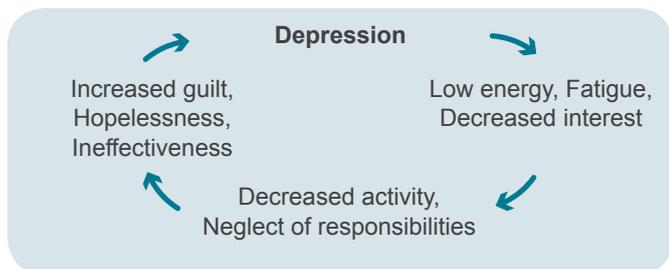
- ▶ It is more intense
- ▶ It lasts longer (more than 2 weeks)
- ▶ It gets in the way of day-to-day functioning.

Symptoms of depression include:

- ▶ Excessive tiredness and fatigue
- ▶ Low motivation
- ▶ Lack of interest in things
- ▶ Sleep and appetite disturbances.

In addition, people who are depressed automatically think negative things about themselves (e.g. 'I'm a failure') and the future (e.g. 'It's all hopeless, what's the point?').

Depressed mood commonly leads to withdrawal and inactivity. This can worsen depression, as the depressed individual feels guilty for the things they are not doing, and has limited opportunities to experience pleasure or enjoyment. This can create a vicious cycle of depression.



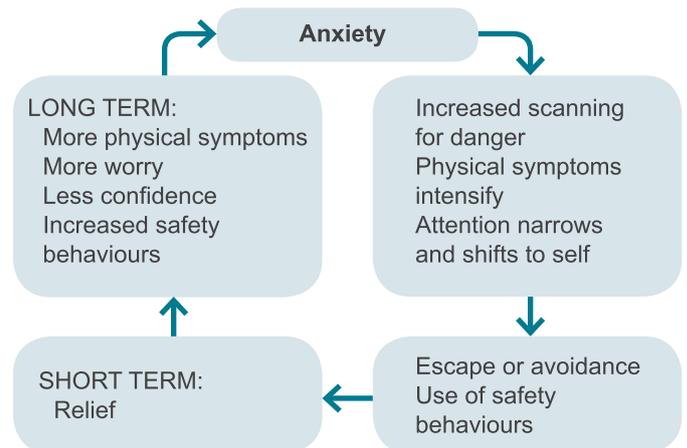
What is Anxiety?

Feeling tense, stressed and worried at certain times when under pressure is a normal human response. Everybody feels anxious from time to time. Anxiety becomes a problem when it is intense, prolonged and starts to get in the way of day-to-day functioning.

Symptoms of anxiety include:

- ▶ Feeling restless, keyed up, or on edge
- ▶ Physical tension
- ▶ Sleep disturbance
- ▶ Problems concentrating or focusing
- ▶ Feeling tired or exhausted easily.

People sometimes try and reduce anxiety by avoiding the feared situation altogether. While avoidance often provides some instant relief, it tends to cause people to lose confidence and makes anxiety worse in the long term. Avoidance can also lead to feeling overwhelmed, as difficulties pile up. Like depression, people can get caught in this vicious cycle of anxiety.



CCI Mood Management Course

While there are some differences between depression and anxiety, their symptoms also overlap. Many people experience both mood disturbances together. Both depression and anxiety share common symptoms and patterns of thinking and there are similarities in the techniques that you can learn to manage them.

The CCI Mood Management Course (MMC) is a structured group treatment focused on equipping you with practical skills and strategies to manage both depression and anxiety.

Our treatment uses cognitive behavioural therapy (CBT). CBT is based on the concept that our emotions and actions are largely influenced by our thoughts.

The MMC includes:

- ▶ Education about depression and anxiety
- ▶ Identifying activities that provide a sense of pleasure or achievement and working to include these in regular routines
- ▶ Learning to break down overwhelming tasks into manageable steps
- ▶ Cognitive therapy (identifying, questioning and changing unhelpful thoughts)
- ▶ Learning how to actively cope with problems.

Practical Information

Each MMC runs for ten weekly sessions of two hours, with a follow-up session four weeks after the last session. All appointments take place during normal business hours (Monday-Friday, 9am-5pm).

The MMC is held at our clinic in Northbridge. As CCI forms part of the public mental health system, the service we offer is free.

Why group treatment?

Some people find the idea of group treatment a bit daunting. Some people are used to keeping their difficulties private, so the thought of talking about difficulties in front of a group of unfamiliar people can be anxiety-provoking.

We offer group therapy because research has shown it is effective. Group therapy provides an opportunity to learn that other people struggle

with similar issues - this alone can be very validating. In addition, group therapy allows the opportunity to learn from the experiences of other people who are working on similar problems.

After completing the MMC, many people report that they were initially nervous about attending the group, but ultimately found the group very supportive and helpful.

Referral

If you are interested in attending the MMC at CCI, please ask your GP or psychiatrist to refer you to our service. Our referral form is available on the CCI website:

www.cci.health.wa.gov.au

Contact Details

t: 08 9227 4399

e: info.cci@health.wa.gov.au

f: 08 9328 5911



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