

Skilful Thinking

Skilful Thinking

Skilful Thinking



Understanding the link between thoughts, emotions and behaviour using Cognitive Behaviour Therapy

Understanding the link between thoughts, emotions and behaviour using Cognitive Behaviour Therapy

Understanding the link between thoughts, emotions and behaviour using Cognitive Behaviour Therapy

About the program

Skilful Thinking is a program based on Cognitive Behaviour Therapy (CBT) that will demonstrate the link between your thoughts, emotions and behaviour.

Meeting in groups, you will learn how to set goals and find solutions to problems.

On completion, consumers can attend Skilful Thinking programs for psychosis, anxiety or mood.

The groups meet once per week over 4 weeks.

Contact us

Skilful Thinking groups are held at:

- Ipswich Health Plaza
21 Bell Street,
(paid parking available)
- Goodna Community Health
81 Queen Street, Goodna
(free parking available)
- Online via Microsoft Teams.

Ask your treating team about a referral, and for group days and times.

About the program

Skilful Thinking is a program based on Cognitive Behaviour Therapy (CBT) that will demonstrate the link between your thoughts, emotions and behaviour.

Meeting in groups, you will learn how to set goals and find solutions to problems.

On completion, consumers can attend Skilful Thinking programs for psychosis, anxiety or mood.

The groups meet once per week over 4 weeks.

Contact us

Skilful Thinking groups are held at:

- Ipswich Health Plaza
21 Bell Street,
(paid parking available)
- Goodna Community Health
81 Queen Street, Goodna
(free parking available)
- Online via Microsoft Teams.

Ask your treating team about a referral, and for group days and times.

About the program

Skilful Thinking is a program based on Cognitive Behaviour Therapy (CBT) that will demonstrate the link between your thoughts, emotions and behaviour.

Meeting in groups, you will learn how to set goals and find solutions to problems.

On completion, consumers can attend Skilful Thinking programs for psychosis, anxiety or mood.

The groups meet once per week over 4 weeks.

Contact us

Skilful Thinking groups are held at:

- Ipswich Health Plaza
21 Bell Street,
(paid parking available)
- Goodna Community Health
81 Queen Street, Goodna
(free parking available)
- Online via Microsoft Teams.

Ask your treating team about a referral, and for group days and times.