

LOST DIRECTION?

It's okay, we're here to help.

Our tailored groups for children, teens & adults (5+) build resilience, confidence and teach coping strategies needed to get through life's challenges.



CONTACT US

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www.directionpsychology.com.au



Helping people
towards happier,
healthier lives.



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WHAT'S CBT?

Cognitive Behavioural Therapy (CBT) is a proven technique used to help identify negative thinking patterns and teaches us to replace those thoughts with more helpful coping strategies.

CBT is helpful for anyone struggling with emotional and behavioural issues like low confidence or self-worth, stress, anxiety and depression.

OUR GROUPS

We offer a range of tailored group therapy sessions, designed to help children, teens and adults manage real issues commonly experienced.

Our groups run for 6 weeks, with the exception of The Body Project, which runs for 4 weeks.

Sessions are available either online or at our Joondalup and Stirling clinic locations.



MORE INFO

Our groups run in terms that usually coincide with school terms. Current group options include:

- Girls with a purpose: Female 9-12 & 13-17s
- In the zone: 13-17 & 18+
- The body project: Female 13-18s
- The magic coat: 5-8 & 9-12s
- Wise minds: 13-17 & 18+

For more info, or to register, email: groups@directionpsychology.com.au