

STARTS

8 October 2026

Thursdays, 10:30am-12:30pm

WHERE

Macquarie  
Park

Suite 1.01/32 Delhi Road

Five minute walk from North  
Ryde Metro

PROGRAM

8 weeks

2 hours weekly

Maximum 10 participants

Adults 18 and over

PROGRAM FEE

\$1,600

for the full 8-week program

\$200 per session

MEDICARE REBATE

\$70.05 per session

Clinical psychology item

80024, with an eligible GP  
referral.

REGISTER YOUR INTEREST

Free suitability screening

[anxietygrouptherapy.com.au](http://anxietygrouptherapy.com.au)



OR CALL

02 7256 7070

MANAGING ANXIETY PROGRAM · SYDNEY

# Managing Anxiety Group Program



Understand anxiety. Face what you've been  
avoiding. Get more of your life back.

An **8-week CBT-based treatment program** for adults experiencing anxiety,  
excessive worry and avoidance.

Learn practical strategies to understand anxiety, change unhelpful thinking  
patterns and gradually face situations anxiety has made harder. **Clinical  
Psychologist-led**, in Macquarie Park.



You won't be asked to sit in a circle and share your life story. These sessions  
are about **learning skills, and practising them.**

EIGHT WEEKLY TOPICS OVER EIGHT WEEKS

## Week 1 Understanding anxiety

The anxiety cycle, fight/flight/freeze and  
your individual formulation.

## Week 3

Working with anxious thinking

Cognitive restructuring, probability and  
cost thinking.

## Week 5 Facing fears

Graded exposure, fear hierarchies and  
behavioural experiments.

## Week 7 Managing the body

Breathing, grounding, mindfulness, sleep  
and lifestyle factors.

## Week 2 Thoughts and anxiety

Recognising anxious predictions and  
cognitive distortions.

## Week 4

Avoidance and safety behaviours

Identifying how avoidance maintains  
anxiety.

## Week 6 Worry and uncertainty

Worry postponement, problem solving,  
intolerance of uncertainty.

## Week 8 Staying well

Relapse prevention and your individual  
anxiety management plan.

## This group may suit you if you:

- **worry a great deal**, and find it hard to switch off
- notice **anxiety in your body**: racing heart, tension, poor sleep
- **avoid situations**, or get through them only with a safety behaviour
- **expect the worst**, and find reassurance only settles things briefly
- find anxiety is **narrowing work, study, relationships or daily life**

You **don't need** a formal anxiety diagnosis to register. Everyone completes a brief suitability screening so we can make sure the program is appropriate for them.

### YOUR FACILITATOR



**Sarah Jacob**

Clinical Psychologist

Managing Anxiety Program Lead

### WHAT THE PROGRAM FEE COVERS

16 hours of structured CBT treatment  
Eight 2-hour sessions

**Clinical Psychologist-led**  
Led throughout by Sarah Jacob

**Structured between-session practice**  
Exercises to practise and apply each week's skills

**Small, closed group**  
Maximum 10 participants, with the same cohort each week

### MEDICARE

To claim a rebate you'll need an **eligible GP referral for group psychological therapy** and a Mental Health Treatment Plan. Group sessions are counted separately from your individual Better Access sessions.

### PROGRAM DETAILS

#### SESSIONS

Thursdays 10:30am-12:30pm  
8 weeks from 8 October 2026

#### WHO

Adults 18 and over  
**Maximum 10 participants**

#### LOCATION

Suite 1.01/32 Delhi Road  
Macquarie Park NSW 2113

#### PROGRAM FEE

**\$1,600** for the 8 weeks

#### MEDICARE

Item 80024, **\$70.05** per  
attended session

#### ENTRY

**Free suitability screening**  
call

### JOINING IS SIMPLE

- 1 Register:** online or by phone
- 2 Screening:** a brief, free phone call
- 3 Start:** if the group is a good fit

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