



# MANAGING REPETITIVE THOUGHTS: DIDIT PROGRAM

## SWINBURNE PSYCHOLOGY CLINIC

Are you experiencing persistent, repetitive thoughts, such as worries, ruminations or obsessions?

Swinburne Psychology Clinic is offering a brief 5-session program to help individuals manage persistent, repetitive thoughts such as obsessions, ruminations or worries.

The program, developed by researchers at the Inter Disciplinary Centre Herzliya, Israel, in collaboration with a researchers at Swinburne University of Technology, uses evidence-based approaches such as Cognitive Behavioural Therapy (CBT) and Motivational Interviewing (MI) techniques to support you in managing the repetitive thoughts.

This support involves:

- A comprehensive clinical assessment session.
- Five sessions of individual counselling through video conferencing or face-to-face.
- Evidence-based approach to assist in managing repetitive thoughts.
- Check-in support with home-based exercises to support the session work

The therapy is delivered by intern psychologists at the Swinburne Psychology Clinic.

To be eligible to participate, young people need to be:

- Experiencing repetitive, persisting thoughts or images such as obsessions that are causing distress and/or impact significantly on the individual's day to day life.
- Residing and living in Australia

Contact us:

Referrals and enquiries can be made by contacting the Swinburne Psychology Clinic on the details listed

below.

Telephone: 03 9214 8653

Email: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

Online referrals: <https://forms.office.com/r/7e0gqfHikq>

Cost

\*No fees for 2021

\$20 per session  
(sessions + 1  
assessment session)  
from January 2022.

## CONTACT

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