



Cabrini Women's Mental Health

# HER Therapy

Our team is here to support you through all your life's challenges, including burnout, stress, anxiety, trauma, family and relationship issues.

Our experienced and compassionate mental health clinicians can provide:

- Acceptance and commitment therapy (ACT)
- Cognitive behavioural therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Dialectical behaviour therapy (DBT)
- Schema Therapy (ST)
- Cognitive Processing Therapy (CPT)
- Art Therapy
- Trauma-sensitive exercise physiology



**HER Therapy** at Cabrini is a safe and confidential space in which to explore your thoughts and feelings, and help you develop strategies to improve your mental wellbeing.

### **Fee**

Sessions are \$180-\$220 for 50 minutes and a referral is not required unless claimed under a Mental Health Care Plan or Chronic Disease Management Plan via Medicare. Some private health funds also cover this service, therefore we recommend confirming with your private health insurance provider.

### **Get in touch**

To discuss whether this service is right for you, please contact us. Our experienced team of mental health professionals will be glad to answer any questions you may have.

We look forward to supporting you on your journey towards better mental health.



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