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## PRICING & REFERRAL

All therapies presented in this brochure are evidence-based treatments provided by a Registered Clinical Psychologist. They will thus usually attract Medicare rebates when provided in the scope of a Mental Health Care Plan. You can ask your General Practitioner to establish a formal referral.

Funding may be available if you are a NDIS participant. You can self-refer or be referred by your Support Coordinator.

Fees are available on our website at [www.happyneurons.com.au](http://www.happyneurons.com.au). Alternatively, you can phone or email us for a personalised quote.

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## CONTACT

Ben Pillet, Registered Clinical Psychologist, has an international background in Cognitive Neurosciences and Clinical Psychology. He has been working in the field of psychosocial rehabilitation of people with a severe mental illness since 2008 and has developed considerable experience in this area.

Contact us for further information about:

- Happy Neurons®/Cogmed programs or other psychosocial therapies
- Booking your appointment
- Making a referral
- Partnership opportunities

Level 10, 1 Hobart Place, AMP Building,  
Canberra ACT 2601

**mobile:** 0413 680 236

**email:** [admin@happyneurons.com.au](mailto:admin@happyneurons.com.au)

**website:** [www.happyneurons.com.au](http://www.happyneurons.com.au)



THE HAPPY NEURONS COMPANY®  
ABN 92559534350, CANBERRA

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## PSYCHOSOCIAL REHABILITATION THERAPIES

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**HAPPY NEURONS®**

*Evidence-based group therapies*

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## METACOGNITIVE TRAINING

MetaCognitive Training (MCT) is an evidence-based group psychotherapy that targets some of the common thinking errors and problem-solving biases that occur in schizophrenia and psychosis. In this program, participants learn about the importance of various strategies, such as:

- gathering sufficient information before making judgements;
- attributing causes/explanations to an event in a more considered approach;
- considering and accepting information provided by other people;
- reassessing strongly held positions;
- differentiating between accurate and inaccurate memories.

A review of a recent study (Moritz et al. 2014) demonstrated the efficacy of MCT in reducing the severity of clinical symptoms in people living with schizophrenia.

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## SOCIAL SKILLS TRAINING

Social Cognition and Interaction Training (SCIT) is an evidence-based group psychotherapy for individuals with psychotic symptoms and social difficulties. This program is particularly relevant in assisting with:

- better judging people's emotions based on their facial expressions;
- better understanding the mental state of others, based on what they say and do.

Roberts and Penn (2008) have validated the efficacy of SCIT program in improving emotion perception and social skills capacities in people living with schizophrenia.

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### *DURATION OF PROGRAMS*

MCT, SCIT and IMR programs are usually provided twice weekly over 12 weeks. Each session lasts for 1 hour to ensure optimal concentration.

For further information and bookings, please visit [www.happyneurons.com.au](http://www.happyneurons.com.au).

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## ILLNESS MANAGEMENT AND RECOVERY

Illness Management and Recovery (IMR) is an evidence-based psychoeducational group therapy. It is designed to help individuals living with schizophrenia or major mood disorders learn how to manage their illnesses more effectively while pursuing their personal goals. The program includes topics such as:

- recovery strategies;
- practical facts about schizophrenia & major mood disorders;
- the stress/vulnerability model;
- the importance of social support;
- recognising early signs and preventing relapses.

Research has proved the efficacy of IMR (Mueser et al. 2006) in decreasing the severity of symptoms and improving coping strategies in people living with schizophrenia.