



Depression and Exercise program

Psychological treatment and personal training



A twelve-session treatment program focussed on depression and exercise.

Psychologist

Sessions held in the consulting room in Ascot Vale. Each session lasts for about 1 hour. Treatment includes Cognitive Behavioural Therapy (CBT) and Motivational interviewing.

Personal Trainer

The sessions are held at the gym or outside. Each session lasts for about 30 minutes. The exercise routines are individually tailored to your needs.

Costs

10% discount off normal fees. Fees are payable at the end of the session with the psychologist. 24 hours notice is required for all cancellations or a late fee will be charged.

Referral

Individuals may either refer themselves or get a GP referral. Please note that the Medicare rebate is only available with a GP referral which must include at Mental Health Treatment Plan.

Contact Us

If you would like any more information about this program or to book an appointment, please contact either:

Peter Eide on 0450 446 788 /
info@mmppsychology.com.au

or

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