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Latest News

Professor Peter McEvoy Interviewed About High Functioning Anxiety

19 June 2021

Professor Peter McEvoy interviewed about High Functioning Anxiety. Professor Peter McEvoy, one of the CCI's Senior Clinical Psychologists and our Director of Research, is also a Professor of Psychology at Curtin University. He was recently interviewed by news.com.au to share his knowledge on how to recognise high functioning anxiety. Professor McEvoy is one of the world's foremost experts on social anxiety disorder, obsessive compulsive disorder, and neurobiological approaches to treating mental disorders, as well as being the Associate Editor of the journal for anxiety disorders. In this article, Professor McEvoy highlights subtle thinking and behaviours, avoiding being certain about, and even controlling behaviours around certain tasks or people or being possible signs of what is described as high-functioning anxiety. He also discusses how best to support a loved one who is experiencing anxiety and how to address the physical and cognitive symptoms of anxiety. With this article ending on anxiety addressing the impact of the COVID-19 pandemic on mental health, you can read the full article [here](#). CCI has a range of resources available to managing anxiety that are freely available on our website. We also have a range of...

Founding CCI Director Awarded ACPA Lifetime Membership

20 April 2021

Founding CCI Director Awarded ACPA Lifetime Membership at the Meeting of the Australian Clinical Psychology Association (ACPA) our Founding Director, Professor Murray, was honoured as a...

AUDZCP Guidelines for Bipolar Disorder Suggest

26 February 2021

AUDZCP Guidelines for Bipolar Disorder (Western CCI Resources and New Zealand College of Psychologists (NZCP)) recently published guidelines for mental disorders. The guidelines provide a...

Resources to Help Manage Anxiety About the COVID-19 Pandemic

13 February 2021

Resources to help manage anxiety about the COVID-19 pandemic outbreak will soon be available next week. Whilst many people will experience anxiety about the outbreak, people will be feeling anxious about getting...

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Info How Worry Works Centre For Clinical Interventions Cci

Maggie Dent



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Wired For Worry A.L. Perez MBA, MS, MSN-RN, 2025-08-26 If you find yourself stuck in cycles of overthinking what ifs and restless nights you re not alone Wired for Worry is your guide to understanding why anxiety shows up and how to gently loosen its grip on your daily life With simple tools relatable stories and science made easy you ll learn how to calm racing thoughts quiet your nervous system and create everyday habits that bring more peace and joy This isn t about becoming fearless it s about finding balance building resilience and finally feeling at home in your own mind **Treatment of**

Generalized Anxiety Disorder Gavin Andrews, Alison E. J. Mahoney, Megan J. Hobbs, Margo Genderson, 2016 Generalized Anxiety Disorder GAD is characterised by excessive anxiety and worry about everyday concerns such as work family relationships finances health and safety People who worry in a maladaptive way benefit from good proactive treatment This is an essential guide for all therapists who deal with this debilitating problem **A Guide to Supporting Breastfeeding**

for the Medical Profession Amy Brown, Wendy Jones, 2019-12-05 This book is a practical guide for medical practitioners as they navigate through breastfeeding problems that occur in day to day practice If mothers have a breastfeeding complication they are often directed to their GP In complex situations medical staff will be making decisions around what treatment plan to follow and whether a mother can keep breastfeeding In recent years there has been growing evidence that medical professionals often advise mothers to stop breastfeeding while undergoing treatment when in reality this was not a necessary step In a time when breastfeeding rates are decreasing it is important that medical professionals give accurate advice and support a mother s choice to breastfeed if the situation allows it A Guide to Supporting Breastfeeding for the Medical Profession includes contributions from a wide range of medical professionals and each chapter is written with the practitioner in mind Contributors include GPs paediatricians neonatologists lactation specialists and midwives Doctors have a vital role to play in supporting and facilitating breastfeeding and without the appropriate knowledge they can often inadvertently sabotage it This book will be of interest to GPs and paediatricians as well as nurse prescribers midwives and health visitors **The Perfection Detox** Petra Kolber, 2025-04-08 Award winning fitness professional and consultant shares a practical accessible program to help women replace destructive perfectionistic mindsets with concrete strategies and life changing tips Tired Stressed Overwhelmed Just one more email one more meeting with the kid s teacher oh and lose that last five pounds Today women are striving for perfection more than ever and feeling like failures for not meeting unattainable goals Health and wellness expert Petra Kolber knows this intimately as a dancer and fitness professional she s experienced the ultimately dissatisfying quest for perfection Her Perfection Detox program helps women to overcome the unhealthy unproductive demands we place on ourselves and others Based on her popular workshops Kolber s strategies help women to recognize and constructively root out the perfectionistic impulse to be critical of self or others and to harness the power of our own internal resources willpower and habits With simple steps and strategies such as adjusting your internal monologue

cleaning up your vocabulary to include more positive language becoming a passionist rather than a perfectionist and more

The Perfection Detox is an essential guide to a healthy full authentic life Help Me Help My Teen Maggie Dent,2024-07-30

I love Maggie s style Quite simply when she talks we should listen Hamish Blake A masterpiece this book is the answer we ve been waiting for Dr Vanessa Lapointe Australia s favourite parenting expert on how to understand and help our teens so they can thrive Adolescence has always been a time of huge transformation but today s teens deal with challenges that parents may never have imagined An increasingly digital world filled with social media gaming and harmful content along with changing cultural norms has intensified the pressure to excel and fit in leading to heightened levels of stress anxiety and depression Maggie Dent Australia s queen of common sense parenting believes that teens can handle these pressures with resilience and strength when they are supported by stable loving connections with family teachers and other caring adults Drawing on up to date research a survey of modern teens and her own experiences as a teacher counsellor and mother and her memories of being a teen Maggie provides clear and compassionate what to do advice for some of the most difficult sensitive topics such as technology use sex drugs and alcohol dropped school grades mental health and identity and shows us how we can provide a safe and supportive environment for all our teens Help Me Help My Teen is a reassuring practical guide for parents to help teenagers navigate adolescence and grow into confident capable adults *Psychiatric-Mental Health Guidelines for Advanced Practice Nurses* Brenda Marshall,Julie Bliss,Suzanne Drake,2024-11-20

Delivers a breadth of content encompassing all aspects of psych mental health care along the provider continuum This unique clinical reference supports APRNs and PMH NPs as they strive to provide high quality evidence based care to patients with mental health issues and conditions Designed to support the ongoing needs and changing practice requirements of these nursing professionals this new text provides a comprehensive examination of best practice psychiatric methods ethical concerns patient assessment and management strategies These accessible guidelines for clinicians in a variety of settings bring together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician s psychiatric skills With an easy to navigate format the book encompasses five distinct sections covering general psychiatric nursing guidelines diagnostic specific procedures and patient treatment planning cultural and other considerations for special populations the administrative basics for establishing an APRN practice and additional topics related to mental health Reflecting expertise from authors versed in varied practice fields and numerous subspecialties the resource combines evidence based practice advanced research and practical humanistic approaches Key Features Provides comprehensive psychiatric mental health guidelines to advanced practice nurses in easy to access format Delivers step by step coverage of conducting psychiatric assessments and making referrals Covers polypharmacy differential diagnosis and patient education Includes coverage of special populations including LGBTQ homeless and indigent veterans and survivors of war and many others **Mental Health in Nursing - E-Book Epub** Kim Foster,Peta Marks,Anthony O'Brien,John

Hurley, 2024-08-26 Holistic overview of mental health for nurses in a practice setting All nurses play an important role in supporting mental health as part of holistic care provision This book is designed to help students and novice clinicians to develop the knowledge skills and attitudes they need to care for people across a wide range of specialist and non specialist practice settings Written by a highly experienced team of mental health nursing experts the book covers all the common mental health conditions nurses are likely to encounter in practice It provides essential information on assessing for and identifying people experiencing mental illness as well as how to provide appropriate responses support and referral across the numerous contexts in which nurses work Fully updated and expanded the sixth edition includes a wealth of lived experience perspectives designed to provide a critical perspective and a way of thinking about the issues more deeply building empathy and understanding High quality evidence based content developed specifically to meet the learning needs of students and novice clinicians in Australia and New Zealand Describes the foundational principles and core mental health skills required by all nurses Covers generalist health settings content is relevant for nursing students across their curriculum Focuses on mental health not mental illness an emphasis on recovery oriented practice trauma informed care and the value of building therapeutic relationships Articulates and demonstrates the expert knowledge and skills of mental health nurses and includes information on professional self care for all nurses Covers how to assess manage and treat the major mental health problems people commonly experience Provides scenarios for mental health screening assessment referral and support across a range of clinical settings Key points anecdotes critical thinking exercises tables and references in every chapter support learning Online resources for nurses in the workplace including videos and clinical scenarios Commentaries by experts by Lived Experience in all chapters understand what s helpful and what s not New to this edition New First Peoples chapters from both New Zealand and Australia how to provide cultural safety New chapter on preparing for mental health clinical placements More content on suicide More content on the impact of trauma adverse childhood events on mental health and addictions

Riding the Depression Wave Shelly Miller, 2021-09-14 This book tells the story of one woman s journey deep into the darkness of mental illness and then back into the light Thanks to the help she received from various professional supports programs and community resources she gained both the skills and confidence to adopt and refine a number of healing strategies With these she was able to re examine beliefs and tendencies that likely contributed to her fall into depression and anxiety discover things she could do to address those issues and eventually work towards creating a healthier path for herself moving forward This is a story many of us will recognize the sudden descent from being a functioning member of society to feeling lost a captive to mental and emotional reactions seemingly outside of our control Many of us experience it ourselves at some point in our lives and if we don t someone we love almost certainly will And not all of us find our way back This author managed to with lots of help and perseverance and now she wants to help you to find your way back too one small step at a time

Covid-19 and Psychological Disorders: From Molecular Basis to Social Impacts

and Therapeutic Interventions Elnara Shafiyeva, Elham Ahmadian, Ghorbangol Ashabi, 2022-09-29 *Working with Worry and Rumination* Centre for Clinical Interventions, Lisa Lisa, Rebecca Anderson, Bruce Campbell, Amanda Swan, Adelln Sng, 2017-03

SESSION 1 Introduction to Worry and Rumination Course
SESSION 2 Challenging Uncontrollability Beliefs and Attention Training
SESSION 3 Challenging Danger Beliefs
SESSION 4 Challenging Positive Beliefs
SESSION 5 Active Coping
SESSION 6 Progress Review and Self Management Planning
SESSION 7 Follow up Session **Worry and its Psychological Disorders**

Graham C. Davey, Adrian Wells, 2006-02-22 Anxiety based disorders are among the most common mental health problems experienced in the population today Worry is a prominent feature of most anxiety based disorders including generalized anxiety disorder specific phobias obsessive compulsive disorder panic disorder and post traumatic stress disorder Written by international experts Worry and its Psychological Disorders offers an up to date and complete overview of worry in a single volume Divided into four sections the book explores the nature of worry the assessment of worry contemporary theories of chronic and pathological worry and the most recently developed treatment methods It includes in depth reviews of new assessment instruments and covers treatment methods such as Cognitive Behavioural Therapy and Metacognitive Therapy Useful case studies are also included This important volume provides an invaluable resource for clinical practitioners and researchers It will also be of relevance to those studying clinical or abnormal psychology at advanced level

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