



INFO SHEET

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What is Adjustment Disorder?

Adjustment Disorder is a psychological condition that occurs when an individual struggles to cope with a significant life change or stressor. This condition can result from a range of experiences, such as the loss of a loved one, a divorce, a job loss, trauma or a major illness.

Adjustment disorder symptoms may include the following:

- Feeling anxious, worried, or nervous
- Feeling sad, hopeless, or depressed
- Difficulty sleeping or changes in sleep patterns
- Loss of interest in activities that were once enjoyable
- Difficulty concentrating
- Feeling overwhelmed or unable to cope with daily tasks
- Withdrawing from social activities or relationships
- Physical symptoms, such as headaches, stomachaches, or fatigue
- Changes in appetite or weight
- Engaging in reckless or impulsive behavior
- Experiencing suicidal thoughts or behaviors (in severe cases)

It's important to note that the symptoms of adjustment disorder typically occur within three months of the stressful event and usually subside within six months. However, some people may require treatment from a mental health professional to manage their symptoms.

If you or someone you know is experiencing symptoms of adjustment disorder, it's important to seek help from a mental health professional. Treatment may include therapy, medication, or a combination of both, depending on the severity of the symptoms and individual needs.

How can the Centre for Clinical Psychology help with Adjustment Disorder?

The Centre for Clinical Psychology is a mental health clinic that offers evidence-based treatments for a range of mental health issues, including Adjustment Disorder. The Centre's therapists are highly trained and experienced in using a variety of therapies to help clients manage their symptoms.

At the Centre for Clinical Psychology, clients with Adjustment Disorder work with their therapist to identify specific challenges and develop strategies for coping with their stressor. These strategies may include learning relaxation techniques, developing problem-solving skills, and enhancing coping strategies.

The Centre offers a range of evidence-based therapies for Adjustment Disorder, including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT). The therapist will work with the client to identify the most appropriate therapy for their individual needs.

If you or someone you know is struggling with Adjustment Disorder, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online. The Centre's team of experienced therapists is here to support you on your journey to managing Adjustment Disorder and living a fulfilling life.