

Mindfulness-integrated Cognitive Behaviour Therapy for

Depression • Anxiety • Stress • Pain

A 10-week Therapy Group

with

Lyn Roubos and Dr Bruno Cayoun

Psychologists

- **Decrease and manage your stress, anxiety, depression and pain**
- **Change unhelpful thoughts and control of your emotional reactions**
- **Increase your self-confidence and sense of self-worth**
- **Become more assertive and value your own needs**
- **Understand others and feel more connected to them**

When overwhelming emotions persist, especially for long periods, it is partly caused by automatic and subconscious reactions of our mind. Changing these patterns of automatic reactions and feeling relieved in the short and long term is possible.

The combination of **Mindfulness** training and **Cognitive Behaviour Therapy (MiCBT)** is an evidenced-based and very effective treatment approach. It helps us counter daily sufferings such as stress, pain, anxiety and depression. This is because we learn to experience our own thought, body sensations and daily events in a more detached and acceptable way.

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DATES: 2010 Jan: 15,22,29

Feb: 5,12,19,26

Mar: 5,12,19

If you are interested in attending this 10-week program, please discuss it with your GP or Psychiatrist, who may be able to refer you under a Mental Health Care Plan.