

Struggling with depression, anxiety or stress?

Consider joining this program

Mindfulness integrated Cognitive Behaviour Therapy (MiCBT) for Depression, Anxiety and Stress

About the MiCBT Program

This program is designed to enhance mental wellbeing and resilience. It is a practical and powerful way to address issues of recurring depression, anxiety and stress. The program is based on the evidence-based work of Cayoun, and also draws on the work of Segal, Teasdale & Williams, and Kabat-Zinn.

The program provides

- 8 two-hour group sessions
- Feedback and support
- Course notes and two practice CDs

The program is delivered in a relaxed group setting in which participants are able learn new skills while being supported by the experienced facilitators and other participants.

Participants can expect the following

- Improved ability to relax
- Improved ability to see the relationship between mental and physical experiences and mood
- Better understanding and management of stress, anxiety and depression
- Increased ability to think more clearly
- Improved sense of well-being

Program dates for 2010

1st March – 21st April

30th June – 18th August

6th October – 24th November

All sessions: Wednesdays, 6:00 – 8:00 PM

Location: 123 Albion Street, Brunswick

Bookings are essential.

To book a place, or to get more information, please contact Sarah (0409 669 688), Glenn (0488 992 728), or Suzanne (0488 992 721)

Facilitators



Sarah Francis
M.Psych., M.A., E.Ed., MAPS

Sarah is a registered psychologist trained and experienced in Mindfulness integrated Cognitive Behaviour Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy. She has completed a Masters thesis on the impact of mindfulness on well-being. Sarah has been studying and practicing contemplative practices for the last seven years. She is the Director of the Melbourne Mindfulness Institute.



Dr Glenn Kelly
PhD., MAPS

Glenn is a registered psychologist with a Doctorate in behavioural psychology. For over 20 years, he has practiced yoga and mindfulness techniques, and currently sees clients with a range of difficulties for treatment with MiCBT. A special research interest is the practice of mindfulness among carers to reduce psychological distress and promote self-efficacy.



Suzanne Brown
MA Clin. Neuropsychology, MAPS

Suzanne is a clinical neuropsychologist with an interest in brain-behaviour relationships. She has formal training in MiCBT, and incorporates mindfulness practice in her therapeutic work with clients. Suzanne is the Manager of Diverge Consulting, an organisation providing psychological services. She has considerable experience in conducting group work, providing counselling and psycho-education, and delivering training.

Costs

The cost of the program is \$660. Payment in full is required at, or before, first session. Concession places are available at reduced rates. Medicare rebates available to those who are eligible.