

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 incorporates evidence-based work of Dr. Bruno Cayoun, a clinical psychologist working in Australia, British psychologists Segal, Teasdale and Williams, and USA practitioner Jon Kabat-Zinn.

The program provides

- 8 two-hour group sessions
- Feedback and support
- Course notes and CD

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

Participants are required to make a commitment to daily mindfulness exercises.

Participants can expect the following outcomes

- Improved ability to relax
- Improved ability to understand the relationship between mental and physical experiences and mood
- Enhanced ability to understand and manage stress, anxiety and depression
- Increased ability to think more clearly
- Improved sense of well-being

Program commencement

**Wednesday 3rd March 2010, 6:00 – 8:00 PM
at 123 Albion Street, Brunswick**

Fees: The cost of the program is \$660. Concession places are available at reduced rates. Medicare rebates are available to those who are eligible.

For more details, please contact Sarah on 0409 669 688 or Suzanne on 0488 992 721

Facilitators



Sarah Francis
M.Psych., M.A., B.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. Behavioural Psych, MAPS

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



Suzanne Brown
MA Clin. Neuropsych., MAPS

Suzanne is a clinical neuropsychologist with an interest in brain-behaviour relationships. She has formal training in MiCBT and experience in meditation practices. Suzanne is the Manager of Diverge Consulting, and has considerable experience in conducting group work, providing counselling and psycho-education to clients and their families, and delivering training for health professionals.