



Mindfulness Therapy (MiCBT)

Manage stress and take charge of your life

MiCBT

Mindfulness-integrated-Cognitive Behaviour Therapy (MiCBT) is a therapy offered by qualified MiCBT therapists to individuals suffering from mild to severe stress. MiCBT is evidence-based and helps clients to manage serious conditions such as addiction, anxiety, depression, panic, phobia, trauma and post-traumatic stress. MiCBT also gives you skills to manage the **ordinary stresses of life that most people experience**.

Mindfulness

Mindfulness is the practice of staying in the present moment and accepting your experiences without negative or unpleasant reactions. By not being attached to or reactive to our experiences, we deal with them more effectively. We develop qualities of equanimity, compassion and kindness.

Cognitive Behaviour Therapy (CBT)

CBT, derived from Socratic questioning, is used to explore incorrect and damaging beliefs. Often wrongly held beliefs lie behind our distress. We learn how to replace them with more accurate ones. As your *Philosophical Counsellor*, I have the extra resources of *Philosophy* to aid this process.

MiCBT - what to expect

MiCBT is delivered in 8 weekly sessions. You set goals and learn **Mindfulness** and other skills. There are home activities between sessions to ensure that you progress. You receive notes and access to recorded tracks or CDs to help and guide you. Diaries of home practice are kept and you give feedback at each session.

Client Commitment

Essential to the MiCBT's success is your commitment to practice Mindfulness meditation for 30-minutes twice daily and complete set tasks. To change long-lived habits requires a daily, dedicated commitment. What you gain from the course is measured by what you put into it.

You are changing habits of a lifetime and learning to respond more positively to life's difficulties. I will work with you to the best of my ability to teach you effective skills. But ability to change and be successful is **yours**.

If you are experiencing distress from either a recent or a long-term problem, give **MiCBT** a try and get your life back. Being happy and positive is much better for your general health and life satisfaction than being anxious, stressed and unhappy. Get in touch with us below.

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