

About Mindfulness

Learning about [Mindfulness](#) could be the best thing you ever do. If you want something different to make you feel better, find out about [Mindfulness](#). Discover how to overcome problems like addiction, anxiety, depression, pain, sleeplessness, stress and more.

Mindfulness

[Mindfulness](#) is the state of being present to what you are doing, giving full attention of mind and body, without judgment or reactivity. You don't let your mind wander. By paying full attention, we deal with our experiences in the moment. We 'let them go' instead of becoming 'attached' to or reactive to them.

By not being attached to or reactive to our experiences, we overcome stress and stress related conditions. Instead, we develop qualities of equanimity, compassion and kindness.

Mindfulness meditation helps you to develop the habit of being Mindful. Regular practice of Mindfulness meditation teaches you not to have expectations and be disappointed. You learn to accept all your experiences, good and bad.

Instead of 'hanging on' to or craving for experiences we like, and ignoring or avoiding those we dislike, we learn to accept what *is* - the reality of the situation - and we are less upset. Without wasting energy on feeling bad or wishing things were different, we deal with things more effectively.

Mindfulness and Mindfulness type practices are commonly taken to have originated Eastern philosophy, such as Buddhism. But they are also present in ancient Western philosophy, such as Stoicism and other Greek wisdom schools.

In recent years, therapists in the West have rediscovered the practice. They have begun to use it to help people to manage anxiety, depression, pain, stress, and other stress-related conditions. It is gradually being accepted into mainstream practices, where it belongs.

Mindfulness Courses

Many therapists have developed their own model of delivery that they teach to clients. Courses usually last for 8-12 weeks, depending on need. MiCBT (Mindfulness-integrated Cognitive Behaviour Therapy, developed by Dr Bruno Cayoun) is a very effective model. MiCBT integrated the insights of CBT with the insights of Mindfulness.

MiCBT is very successful in overcoming stress and stress related conditions. When maintained, the practices ensure the continuation of ongoing sound emotional and mental wellbeing. This makes MiCBT valuable not only therapeutically, but also as a self-care maintenance practice.

Below are several courses that we have developed, using the MiCBT model:

- ◆ [MiCBT for individuals](#): addiction, anxiety, depression, panic. phobia, stress and more.
- ◆ [Mindfulness for Living](#) – for small groups. Learn together and support each other.
- ◆ [Mindfulness for Couples](#) – Mindfulness and other skills during Couples Counselling.
- ◆ [Mindfulness for Smokers](#) – Quit smoking with Mindfulness to help withdrawal.
- ◆ [Mindfulness at Work](#) – Manage workplace stress and take care of your staff.
- ◆ [Mindfulness for Children](#) – Course currently under development.

Contact us if you would like to attend a course, or for any more information.

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