



# Mindfulness for Individuals

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*Manage stress and take charge of your life*

## Mindfulness Therapy - MiCBT

Mindfulness-integrated-Cognitive Behaviour Therapy (MiCBT) is a therapy offered by qualified [MiCBT therapists](#) to clients 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. MiCBT is of benefit to everyone.

## Mindfulness

**Mindfulness** is the practice of staying in the present moment and accepting your experiences without negative or unpleasant reactions. Instead, we learn to develop qualities of equanimity, compassion and kindness.

## Cognitive Behaviour Therapy (CBT)

Often wrongly held beliefs lie behind our distress. Using CBT, derived from Socratic questioning, we explore and replace those wrong beliefs for more accurate ones. As a philosophical counsellor, I have the resource 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. The home activities for each session ensure that you progress. You receive notes recordings to help and guide you. You keep diaries of your practice and 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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