

Mindfulness for Couples

A course to help you and your partner manage anxiety and stress

- ◆ Do you and your partner experience problems and stress in your relationship?
- ◆ Is over-reactivity damaging your relationships and making things worse?
- ◆ Would you like to better manage conflicts and stressful situations?

Mindfulness for Couples

Mindfulness for Couples is a Mindfulness course that helps couples manage stress in their relationships. It is based on MiCBT – Mindfulness-integrated-Cognitive Behaviour Therapy.

Many couples experience relationship problems. It's not easy to always agree on everything. Even when you love each other a lot, difficulties can still arise.

Unresolved difficulties can cause tension and stress. Many couples turn to Couples Counselling for help. This can be very beneficial, as it helps couples to better understand each other's points of view.

Couples experiencing difficulties will benefit by managing the stress that the difficulties cause.

Mindfulness for Couples teaches stress management and other valuable skills, and can be integrated with Couples Counselling. With less stress, difficulties can be more easily tackled and resolved.

Mindfulness

Mindfulness is the state of being present to what you are doing, giving full attention of mind and body, without judgment or reactivity. 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. This is especially relevant to couples who have differences that are causing conflict. Being more Mindful of each other helps build compassion, empathy and understanding.

Delivery

Mindfulness for Couples is delivered in 8x1-hour sessions over 8 weeks, or longer depending on circumstances. Notes are provided at each session, with access to on-line recordings or CDs. At each session, you give feedback, discuss your problems, and learn new skills and activities.

You practice Mindfulness skills for 30-minutes twice a day during the course, and keep up regular practice afterwards. Your new skills will help keep your relationship on track.

If your relationship is suffering from stress, **Mindfulness for Couples** is the help you need. Contact us now to arrange your sessions.

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