



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

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.

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. More specifically, it is integrating the teaching of Mindfulness skills into Couples therapy, so that the issues that the couple are dealing with can be addressed using the Mindfulness techniques.

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 to build compassion, empathy and understanding.

Delivery

Mindfulness for Couples is delivered in 8 x 75-minute sessions. Ideally sessions are held weekly or fortnightly, depending on what best suits your timetable and availability. At each session you each receive notes and a practice diary to complete. Keeping a record of your practice is important so that you have accountability and can measure your progress. To help you with your practice, we provide access to on-line recordings. At each session, you give feedback, discuss your problems, and learn new skills and activities.

If your relationship is suffering from stress, **Mindfulness for Couples** is the help you need. You can book your sessions through the website booking calendar. You will most likely need a few sessions first to complete intake details and make sure that this is the right approach for you. Why not take the first step now and book your first Couples Counselling session on-line now?

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