

About MiCBT for Small Groups

A course to help you manage serious and everyday anxiety and stress

- ◆ Is over-reactivity making you feel tired and ill?
- ◆ Do you want to better manage stress and stressful events?
- ◆ Would you like to learn skills to handle difficult people and situations?

Having the right skills to manage stress is essential to good health and living well. *MiCBT* teaches Mindfulness and other skills to manage stress and difficult situations.

MiCBT Small Groups Program

MiCBT Small Groups Program is a small group course, based on MiCBT (Mindfulness-integrated-Cognitive Behaviour Therapy). Conditions, like addictions, anxiety, depression and phobias are stress-based. Mindfulness practice is a drug-free way to manage and overcome them. Group programs can target particular issues such as smoking. They are also suitable for workplace groups to manage workplace and personal stress.

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.

Delivery

The course is delivered in 9 x 2-hour weekly sessions, plus optional follow-up sessions. Participants receive workbooks and links to meditation recordings. You have a brief pre-course interview to ensure that the course is right for you. You set personal and group goals, which we rate at the beginning and end of the course so that we can mark progress.

At each session there is new learning and tasks to carry out between sessions. This helps you to ingrain valuable new skills. These will benefit you after the course and throughout life.

Participants

This training is suitable for 6-8 participants. It will benefit anyone who wants to learn to manage or prevent stress and reactivity, serious and non-serious. You will gain valuable skills and feel so much better. Contact me if you would like to attend a course.

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