

About MiCBT for Smokers

‘Between stimulus and response, man has the freedom to choose’ (Covey, The 7 Habits ...)

Do you want to:

- ◆ Stop smoking?
- ◆ Be healthier?
- ◆ Save money?

MiCBT for Smokers is a 9-week training program to help you to stop smoking. Mindfulness meditation helps to ease withdrawal symptoms, making quitting less distressing.

You also learn about assertiveness and dealing with difficult people and situations. When we are under stress, we don’t manage things very well. Quitting poses additional challenges. Having the right tools ready to manage those challenges will help you to succeed.

Mindfulness

Mindfulness is the practice of paying attention in the present moment to whatever you are doing or experiencing. It is fully accepting whatever *is* rather than having your attention on other things or wishing things were different.

Mindfulness helps you to deal with life in more direct, positive ways. We become much more capable of doing the things we want to do and getting more out of life. You learn how to manage stress and reactivity so that you don’t have to turn to unhealthy habits.

Delivery

Participants receive a brief pre-course interview to check that it is right for them. You can ask questions and share your concerns. Delivery is in 2-hour weekly sessions. Each session offers new learning and new meditations. The between session activities help you to ingrain new, valuable skills. Especially, group support and sharing feedback keeps participants motivated and on track. You receive a 1-1 session to monitor and assist progress and can arrange more if needed.

To help and guide your practice, you receive a comprehensive workbook and access to downloadable recordings. Optional follow-up sessions (recommended) can be arranged with participants towards the end of the course if they wish. Keeping up regular practice following the course will help you to avoid relapsing.

Participants

MiCBT for Smokers is for anyone who wants to quit smoking. Workplaces and organisations can organise a group course for their staff. We can organise a private group when we have enough people interested. 6-8 participants is ideal. If you want to be healthier, save money and learn valuable skills, get in touch to arrange or attend a course.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radiancehobart.com.au

PO Box 907, Sandy Bay, TAS 7006
Website: www.radiancehobart.com.au