Radiance Hobart
Counselling & Self-Development

About MiCBT (Mindfulness-integrated Cognitive Behaviour Therapy)

Manage stress and take charge of your life

MiCBT

MiCBT is a therapy offered by qualified MiCBT therapists to clients experiencing mild to severe stress. MiCBT is evidence-based. Essentially it is an education program. You learn valuable information that will benefit you not just during the course, but long afterwards.

MiCBT assists serious conditions such as addiction, anxiety, depression, panic, phobia, trauma and more. It helps with every-day stress that most people experience. MiCBT is suitable for most people. It can be taught individually or in small groups of 6-8 participants.

Mindfulness

Mindfulness is the practice of staying in the present moment and accepting your experiences without negative or unpleasant reactions. By not being attached to or reactive to our experiences, we deal with them more effectively. We develop qualities of equanimity, compassion and kindness.

Cognitive Behaviour Therapy (CBT)

CBT, derived from Socratic questioning, is used to explore incorrect and damaging beliefs. Often wrongly held beliefs lie behind our distress. We learn how to replace them with more accurate ones. As your *Philosophical Counsellor*, I have the extra resources of *Philosophy*.

MiCBT - what to expect

MiCBT is delivered in 9 weekly sessions. You first attend a preliminary session to complete brief assessments and ensure that the course is right for you. At your first session, you set goals, rated then and again on completion. Each session comprises learning skills and activities. Links to guided meditations assist your learning and practice. Feedback, discussion and guidance ensure your progress and success.

Client Commitment

Essential to the MiCBT's success is your commitment to attend all sessions and practice Mindfulness meditation for 30-minutes twice daily during your training. 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. While I will work with you to teach you effective skills, the ability to change and be successful is *YOURS. No matter where you are at, you have the capacity within you!*

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 than being anxious, stressed and unhappy. Get in touch with me below to find out more.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radiancehobart.com.au
PO Box 907, Sandy Bay, TAS 7006
Website: www.radiancehobart.com.au

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