

Mindfulness Based Cognitive Therapy (MBCT)

Mindful Living Program (MBCT)

An evidence based and skills focused program to help manage your mood, reduce worry and prevent relapse.

Who is the program for?

Designed to assist in maintaining wellbeing and prevent mental illness. It is designed for participants who wish to:

- improve mood
- prevent depression relapse
- reduce stress
- manage anxiety
- improve concentration
- reduce worry.

Program content

- Living in the moment
- Managing worry and rumination
- Emotional acceptance and tolerance
- Relating to negative thoughts
- Relapse prevention

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About the program

This program involves learning and practising various mindfulness skills to increase clarity and steadiness of mind when encountering difficult thoughts, feelings, and body sensations. These skills then provide a platform for choosing wiser ways of responding in order to prevent the escalation of negative mood and emotion.

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When is it held?

This closed group program is held every Thursday for five weeks and also Saturday for weeks four and five. Afternoon tea or morning tea is provided.

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| 5.15pm - 5.30pm | Registration and sign in |
| 5.30pm - 8.45pm | Group program |
| 9.00am - 12.30pm | Saturday group sessions (2) |

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How to join

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist who will assess your suitability and if appropriate, provide a referral.

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How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

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Further information

For information on this program please contact our Therapy Liaison Officer
P: 08 9380 4999 (ext 1180) F: 08 9388 3179
E: mrn.tlo@healthcare.com.au

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