

Consider joining this program

Stressed?

Low mood?

Eating or drinking too much?

Impatient and snappy?

Mindfulness Integrated CBT (MiCBT)

In MiCBT we work on understanding how the brain and body work together; how to tame the wild wandering mind. We learn different types of meditation practices to observe the workings of mind and body; manage reactivity and gain some peace of mind.

You will waste less time and energy on useless mind-wandering and worry including in your sleep!

And you will probably find that your relationships benefit from your work too.

The program provides:

- 8 two-hour group online sessions (evenings and day programs available)
- Gentle teaching style – Sarah is highly experienced and provides sensitive feedback and support
- Program notes and audio instructions
- Free mindfulness meditation support sessions after the program finishes to maintain the gains

Trainer: Dr Sarah Francis (PhD., M.Psych., M.A., B.Ed., Diploma in Psychodynamic Psychotherapy, Grad. Dip. in MiCBT., MAPS.)



Dr Sarah Francis has had a personal meditation practice for over 25 years, and is co-author of the Clinicians Handbook of MiCBT published in 2019. Sarah has been delivering MiCBT programs since 2009 and has investigated the effectiveness of MiCBT as part of her PhD (Frontiers in Psychiatry (2022) – <https://doi.org/10.3389/fpsy.2022.815170>)

What is Mindfulness Integrated CBT (MiCBT)?

MiCBT uses both mindfulness meditation and CBT techniques to help people find new ways to deal with unhelpful thinking patterns and reactive behaviours which are common to many mental health conditions. Anxiety, depression, stress, trauma, attention issues pain management and anger management are all made worse by our thought patterns and our inability to stay non-reactively present to actual reality. The program teaches skills in managing mind-wandering and regulating emotions, awareness of thinking processes, body sensations and self-compassion.

For more information, dates and costs please visit the website:

<http://www.melbournmindfulness.com>

or call us on 9629 3869

Here is what people have said about the program:

"Apart from the occasional fleeting feeling of nervousness, which I think is expected during any exam, I was able to get through my exams without having my anxiety get in the way of all the hard work I have done over the year! ...and I would like to thank you again for teaching me how to do that. When comparing my mental state of mind and my body sensations now to when I had my last midyear exam, it's really like I'm a completely different person while coping under stress! I will definitely be keeping up with my body scan practices for a long time".

I'd like to thank you again for this incredible programThe changes it has made in my life are immeasurable.....I never expected to experience a feeling of peace in my life... ever! Now that I have, it has really aided me to understand what is most important. From your program there are many, many things I am grateful to have experienced, and the affects have been lasting".