

Overwhelmed?

Stressed?

Low mood?

Eating or drinking  
too much?  
Impatient and  
snappy?

Consider joining this program

## Mindfulness Integrated CBT (MiCBT)

### *What is Mindfulness Integrated CBT (MiCBT)?*

MiCBT integrates traditional CBT with mindfulness methods and aims to help people find new ways to deal with psychological issues such as anxiety, depression, stress, trauma, attention issues anger management, pain management. The CBT components enable people to make positive changes. The program teaches skills in managing mind-wandering and emotions, awareness of thinking processes, body sensations and self-compassion.

Mindfulness meditation practices are central to the program.

Our research on the effectiveness of the program is published in *Frontiers in Psychiatry*:

<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2022.815170/full>

## Mindfulness Integrated CBT (MiCBT)

The program provides:

- 8 two-hour group sessions online
- Teaching style that is gentle and supportive from a highly experienced trainer
- Program notes and audio instructions
- Free mindfulness meditation support sessions after the program finishes to maintain the gains

Participants who practice the skills will be able to:

- Use mindfulness skills in daily life and understand your own mind
- Understand the relationship between mental and physical experiences and reactivity and mood
- Understand how to relax, think more clearly and have more control over thoughts and emotions
- Manage stress, anxiety and depression better
- Apply mindfulness skills to make changes in habitual unwanted behaviours
- Have an improved sense of well-being

This program requires commitment to daily home practice of mindfulness meditation skills.

Individual sessions are made available to participants during the course where required.

Trainer

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



**Melbourne Mindfulness  
Institute**

Dr Sarah Francis has had a personal meditation practice for over 25 years, was taught MiCBT by Dr Bruno Cayoun, the program developer and is co-author of the *Clinicians Handbook of MiCBT*. Sarah has been delivering MiCBT programs since 2009 both online and face-to-face and with clients individually in her private practice. Her PhD research demonstrated the effectiveness of MiCBT for anxiety, stress and depression.

**Program start dates:**

**See website**

**Live online (Zoom)**

For more information, please visit the website:

<http://www.melbournmindfulness.com>

or call us on 0409 669 688 or email us

[contact@melbournmindfulness.com](mailto:contact@melbournmindfulness.com)