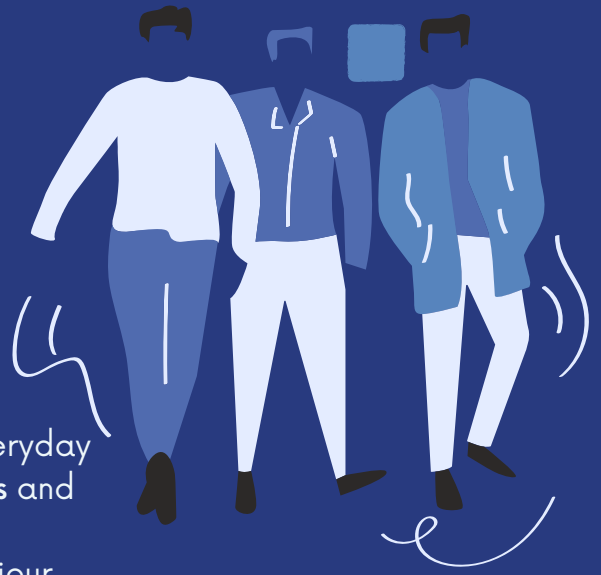


HEALING MINDS PSYCHOLOGY MINDFULNESS & ACT GROUP PROGRAM 2023

This program aims to support individuals decrease their everyday stress and anxiety by teaching them how to use **Mindfulness** and **Acceptance Commitment Therapy (ACT)** techniques. This program will also draw on principles from Cognitive Behaviour Therapy and Mindfulness-Based Cognitive Therapy.



PROGRAM OVERVIEW

Week 1 – Introduction to Mindfulness and ACT: What is mindfulness, anyway? We learn the principles of Mindfulness and ACT, and how we can use them to get out of everyday “autopilot mode”.

Week 2 – You are not your thoughts: We learn ways to “unhook” ourselves from difficult or unhelpful thoughts and to break out of the vicious cycle of overthinking.

Week 3 – Emotions: we learn what emotions are, and how we can use Mindfulness and ACT principles to see emotions for what they are, without judging or being against them.

Week 4 - The struggle switch: Do you find ever yourself pushing away uncomfortable internal experiences by isolating yourself from loved ones, drinking, eating, or overworking? In the fourth class of this workshop, we learn how “experiential avoidance” exacerbates the problem and ways to move forward in life.

Week 5 - Facing ourselves: We revise ACT and the mindfulness skills we've learnt so far and practice applying them to everyday situations.

Week 6 – Moving upward and forward: What now, that we've learnt all these skills? In the final class of this workshop, we ask ourselves what is important to us, and begin taking action to live a full and meaningful life.

PROGRAM DETAILS

Program Dates: 27th April – 1st June 2023

Location: 835 Mt Alexander Road, Moonee Ponds, VIC 3039

Time: Weekly, Every Thursday, 4pm-5pm

Cost: \$25 per session, \$150 total. Please enquire with us for more information.

Clients must commit to attending all 6 weeks.

Payment can be made weekly, or as an upfront payment.

All clients must engage in a pre-screening interview to determine their suitability.

Please speak with your psychologist for more information about your suitability, For further enquiries please give our admin team a call (1300 732 725) or make an enquiry via email at info@healingmindpsychology.com.au

