

Developing Mindfulness

– Group Program



Mindfulness is an evidence-based psychological practice with a broad range of health benefits including reduced stress, decreased anxiety, improved mood and greater empathy and social connectedness.

This six week clinical mindfulness group program has been developed for adults aged 18+ with a history of mental health difficulties including stress, anxiety or depressed mood. With a focus on learning, skill development and practical applications, this clinical mindfulness group has been developed to reduce clinical symptoms and improve present moment awareness. Each session will include psychoeducation, a summary of current research and clinical findings, a formal practice and the opportunity to share your experience with others. It will require participants to allocate time each day to formal mindfulness practice and complete an applied exercise each week. The program can be supported under the Medicare Better Access to Mental Health program for participants with a current Medicare Better Access to Mental Health plan (see details on the reverse). The program will be facilitated by Dr John Dileo, a Clinical Psychologist and Principal at the Inner North Centre for Mental Wellbeing. He has had postgraduate training in mindfulness and has successfully treated individuals of various ages and clinical presentations over the past 5 years. Find below a summary of the six week program and further details on the reverse of this page:

Week/Date	Session Overview
<u>Week 1</u> Monday February 10 th , 2020	Foundation Session <ul style="list-style-type: none"> • Background on the development of mindfulness, the neurobiology and neuropsychology of mindfulness, and the clinical application of mindfulness in responding to emotional difficulties. • Introduction to formal and informal mindfulness practice. • <i>Exercises: progressive muscle relaxation, mindful moments</i>
<u>Week 2</u> Monday February 17 th , 2020	Thoughts – <i>observing temporary mental events</i> <ul style="list-style-type: none"> • Understanding limiting thinking processes and changing your relationship with thoughts through mindfulness practice. • <i>Exercises: mindfulness of breath.</i>
<u>Week 3</u> Monday February 24 th , 2020	Difficult emotions – <i>building interoception and equanimity in distress</i> <ul style="list-style-type: none"> • Examining the neurobiology and nature of human emotions and building resilience and acceptance through interoception. • <i>Exercises: body scan</i>
<u>Week 4</u> Monday March 2 nd , 2020	Present moment awareness – <i>developing exteroception</i> <ul style="list-style-type: none"> • Tuning into our 5 senses and using mindfulness to build present moment awareness every day. • <i>Exercises: sensory exercises, mindfulness of place.</i>
<u>Week 5</u> Monday March 9 th , 2020	Interpersonal mindfulness – <i>building acceptance in self and others</i> <ul style="list-style-type: none"> • An introduction to mindful self compassion, learning how to apply mindfulness in interpersonal settings and being present with others. • <i>Exercises: mindful compassion (self and others)</i>
<u>Week 6</u> Monday March 16 th , 2020	Mindful lives – <i>building mindful states into mindful traits</i> <ul style="list-style-type: none"> • Reviewing principles of mindfulness, reflecting on mindfulness practice, and maintaining mindfulness habits through your life.

Place and registration

The group will be run at Inner North Centre for Mental Wellbeing. The room will be setup with chairs and cushions on the floor. You are welcome to bring a personal cushion or blanket if you like. Some light refreshments will be provided. You will be welcome to arrive from 6:45 to find your place, get a refreshment and be ready for a 7pm start.

Session format and participation

Each session will commence at 7pm and conclude by 8:30pm. Each session will include some reflection on practice, some psychoeducation on the weekly topics and a mindfulness exercise. Whilst group participation will be facilitated at times through each session, there will be acceptance of those both more or less inclined to do so.

Daily practice

Daily mindfulness practice is central to the training in this program. After each session participants will receive an email with a summary of key points from the session, a link to an audio file for the week's formal meditation. A commitment of approximately 45 minutes will be required each day.

Assessment, group evaluation and research

Participants will be asked to complete two outcome measures namely the Depression, Anxiety and Stress Scale (DASS-21) and Mindfulness Self-Efficacy Scale (MSES) at 3 points during the program (Weeks 1, 4 and 6) and 3 months after the program. You will also be asked to complete a program evaluation at the conclusion. Data from this program will be analysed and group data (i.e. de-identified) may be used in research papers or presentations in future.

Fee and Medicare *Better Access to Mental Health (BAMH)* Support

The fee for the 6 week program is \$360. Participants with a valid Medicare BAMH plan will be able to claim \$31.65 back per session (gap of \$28.35 per session). The total out of pocket expense for the program will be \$170.10 with a valid mental health plan. Your referral under Medicare will need to include 'group therapy' as part of the letter.

NOTE: Medicare requires a **minimum of 6 participants** to claim the rebate. The program will not commence and any payments received will be refunded if we cannot fulfil this criteria.

Medicare communication

As this is a clinical program, John will need to make a brief note of your participation on a clinical file and send a letter to your GP regarding your participation in the program. If you have a current psychologist, psychiatrist, counsellor or other individual therapist, this letter will also be sent to them with your consent.

How to register:

You can register your interest in the program by visiting:

<https://yourinnorth.com.au/group-registration>

You will be contacted for a brief telephone interview. A \$100 deposit will be requested to secure your place. Payment of the balance (\$260) will be required 2 weeks prior to the program start date.