

Mindfulness for anxiety, depression and stress

A 6 week clinical group program using MiCBT

Inner North is pleased to offer a 6 week clinical group program for adults with anxiety, depression and/or stress disorders. From introducing the fundamental principles of mindfulness and new habit formation, this program will provide education and introduce strategies from Mindfulness Integrated Cognitive Behaviour Therapy (MiCBT). The integration of CBT extends mindfulness to target and relieve common psychological difficulties such as rumination, catastrophising and behavioural avoidance.



The program is suitable for adults with no experience of mindfulness and those who have tried it in the past. A supportive group environment will be created to encourage new learning, habit formation and peer support through the process.

The group will be facilitated by Dr John Dileo, a Clinical Psychologist who has employed mindfulness to treat clients with a range of mental health difficulties including generalised anxiety, depression, panic disorder and social phobia over the past 10 years.

Week/Date	Session Overview
<u>Week 1</u> Monday Oct 3 2022 6.30-8pm	<i>Foundation Session</i> <ul style="list-style-type: none">• Background on the development of mindfulness, the science of mindfulness, and the clinical application of mindfulness in responding to emotional difficulties.• Introduction to formal and informal mindfulness exercises.• Habit formation and strategies to initiate and maintain mindfulness practices.
<u>Week 2</u> Monday Oct 10 2022 6.30-8pm	<i>Thinking</i> <ul style="list-style-type: none">• Understanding thinking processes and the mindful perspective on thoughts• Insights to catastrophising and rumination, and the role of mindfulness in reducing these common but limiting habits of mind.
<u>Week 3</u> Monday Oct 17 2022 6.30-8pm	<i>Feeling</i> <ul style="list-style-type: none">• Examining the neurobiology and nature of emotions and the role they play in surviving and thriving in the modern world.• Understanding the role of reactivity in maintaining intense emotional responses and how mindfulness can help you 'counter-condition' them.
<u>Week 4</u> Monday Oct 24 2022 6.30-8pm	<i>Behaviour</i> <ul style="list-style-type: none">• Insights into the role of reactive behaviour in reinforcing anxiety, depression and stress.• Examining your limiting behaviours and a pathway to change through mindful actions of approach.
<u>Week 5</u> Monday Oct 31 2022 6.30-8pm	<i>Interpersonal mindfulness – 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.
<u>Week 6</u> Monday Nov 7 2022 6.30-8pm	<i>Mindful lives – 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

The group will be conducted at the Carlton North Library, 667 Rathdowne St, Carlton North. It is on the first floor and there is a lift available. The room will be setup with chairs, however if you have particular seating or mobility needs, please let us know. You will be welcome to arrive from 6:15pm for a 6:30pm start.

Session format and participation

Sessions will commence at 6:30pm and conclude by 8pm. Each session will include some reflection on practice, group exercises, education and group reflection. 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 and a link to audio files for practice. A commitment of approximately 20 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) before and at the conclusion of the program. You will also be asked to complete a program evaluation. 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 \$420. Participants with a valid Medicare BAMH plan will be able to claim \$31.65 back per session (gap of \$38.35 per session). The total out of pocket expense for the program will be \$222 with a valid mental health plan. Your referral under Medicare will need to include 'group therapy' as part of the letter from your doctor and Dr John Dileo as the psychologist.

Medicare communication

For those with a Medicare BAMH plan, 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 (\$320) will be required 2 weeks prior to the program start date.

Your rebate of \$31.65 will be processed each week.

COVID-19 Safety Measures

A number of safety measures are in place to protect all participants. Visit <https://yourinnorth.com.au/covid-19> for full details.