



LIVING MindFULLY is an 8-week course focussed on bringing mindfulness into everyday life.

It combines the benefits of mindfulness practice with strategies for implementing mindfulness across a range of life domains.

WHO IS THE COURSE FOR?

This course is for those who experience anxiety and/or depression, are interested in mindfulness, as well as those who are seeking to develop skills to better cope with symptoms associated with physical health conditions such as diabetes, chronic pain, fibromyalgia and cancer.

WHAT ARE THE BENEFITS?

Regular mindfulness meditation has been linked to a wide range of benefits including

- Increased focus; increased creativity; increased job satisfaction
- Improved empathy, relationships and immune response
- Reduced depression, reduced anxiety
- Effective pain management

KEY LEARNING OBJECTIVES

- To gain an understanding of the theory and evidence underlying mindfulness
- To gain insight into how mindfulness can positively impact stress management, job and study performance, relationship satisfaction and mental health
- To be introduced to, openly discuss and practice a range of mindfulness meditations in a safe learning environment

WHEN AND WHERE

Every Thursday evening, 7-9pm from 20 October to 8 December 2016 at Miriam Henke Consulting, 91 Main Road, Glenalta

COST

Full course is \$180 - Medicare rebates available with a referral from a GP. Ask your GP for a Mental Health care referral under "Group Focussed Psychological Strategies (FPS)". If you have an existing care plan referral to Miriam you do not need another referral from your GP to get Medicare rebates for this program. There is a maximum of 10 people for this group. Be quick to register your interest!

WHO ARE YOUR TRAINERS?

Nathan De Heer is a provisional psychologist in his final year of study in the University of Adelaide Master of Psychology (Health) program. He has extensive experience working both with individuals, and in groups, with cognitive behavioural therapy for treating depression and anxiety, and in coordinating group mindfulness sessions in multi-disciplinary workplaces.



Miriam Henke is a registered health psychologist, and an industry-leading practitioner in the field of mind-body medicine. For more than a decade, Miriam has helped clients develop skills to overcome challenges in their lives, both in the individual and group settings. Miriam has published research in the area of mindfulness practices for health conditions such as chronic pain and fibromyalgia.



FOR MORE INFORMATION

Contact Miriam Henke on 0403 374 694 or Miriam@miriamhenke.com or Nathan at Nathan@miriamhenke.com