



Information for Clients

8-Week Mindfulness Group

by Santo Russo | Psychologist, BEd, MPsych (Ed), MACE, FAPS

How this program can help

Our 8-week Mindfulness Cognitive Behavioural Therapy (MCBT) program not only provides a tool kit for managing depressive and anxious thoughts and feelings but teaches an accurate and effective understanding of the processes involved in the mind and body experience.

<p style="text-align: center;">When</p> <p>Every Monday beginning 27th March 2017 1:00pm to 2:30pm</p>	<p style="text-align: center;">Where</p> <p>Better Life Centre The Lakes Centre 33/22 King Street, Caboolture QLD 4510</p> 
<p style="text-align: center;">Referral Pathways</p> <ul style="list-style-type: none">• GP Brisbane North Primary Health Network <i>(Brisbane MIND ATAPS Program) referral</i>• GP Medicare Group Therapy referral <i>(up to 10 Sessions per Calendar Year)</i>• Private Health – no referral necessary <i>(Claimable on site)</i>• Self-funded	<p style="text-align: center;">Cost</p> <ul style="list-style-type: none">• GP Brisbane North Primary Health Network (Brisbane MIND ATAPS Program) referral<ul style="list-style-type: none">○ No Cost• GP Medicare Group Therapy referral (up to 10 Sessions per Calendar Year)<ul style="list-style-type: none">○ Gap \$30 per session• Private Health No referral necessary<ul style="list-style-type: none">○ \$400 paid upfront (\$50 / Session) Claimable on site• Self-funded<ul style="list-style-type: none">○ \$400 paid upfront (\$50 / Session)
<p style="text-align: center;">Participants</p> <p>6-10 Participants only</p>	<p style="text-align: center;">To book</p> <p>Call: (07) 3353 5430 Email: admin@betterlife.com.au</p>

Interested in some of the research that backs up this program? Go to
http://www.mindfulness.net.au/blog/MiCBT_Research

NOTE: This program is not suitable for participants that are actively suicidal and have no other supports, are abusing substances including alcohol and drugs. Initial intervention should address these issues before participating in such a group.

Anticipated Benefits of Participating In A Group

Joining a group of strangers may sound intimidating at first, but group therapy provides benefits that individual therapy may not. Psychologists say, in fact, that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a **support network** and a **sounding board**. Other members of the group often help you come up with specific ideas for improving a difficult situation or life challenge, and hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective. Many people experience difficulties, but few speak openly about them to people they don't know well. Oftentimes, you may feel like you are the only one struggling — but you're not. It can be a relief to hear others discuss what they're going through, and realise you're not alone.

Diversity is another important benefit of group therapy. People have different personalities and backgrounds, and they look at situations in different ways. By seeing how other people tackle problems and make positive changes, you can discover a whole range of strategies for facing your own concerns.

Please be reassured that all participants are required to maintain strict confidentiality regarding the group and its processes.

We hope you can attend each session as the information, exercises and participation are important in making changes necessary to get the best outcomes. If you are unable to make a session, please, speak with one of the facilitators in advance.

More Information

Santo Russo established Better Life Psychology in 1999 after a 25-year career focused on human development across the lifespan. Before becoming a psychologist his work in early childhood development and education across the lifespan gave him a solid foundation for his support for individuals, of all ages, in the challenges that they face on a day to day basis.



Visit www.betterlifecentre.com.au for more information.

Call (07) 3353 5430 to book your spot now!

NOTE: This program is not suitable for participants that are actively suicidal and have no other supports, are abusing substances including alcohol and drugs. Initial intervention should address these issues before participating in such a group.