

An 8-Week Program in

# ***Mindfulness-Integrated Cognitive Behaviour Therapy***

***For  
Depression · Anxiety · Stress · Pain***

**With  
Karen Tepper  
Psychologist**

This program is designed to enhance mental wellbeing and resilience. It is a practical and powerful way to address issues of depression, anxiety, stress and pain.

- **Improve your motivation and ability to relax**
- **Improve your ability to understand the relationship between mental and physical experiences and mood**
- **Enhance your ability to understand and manage stress, anxiety and depression**
- **Increase your ability to think more clearly**
- **Increase your daily effectiveness and productivity**
- **Improve your sense of well-being**

The program provides:

- 1 one-hour pre-group assessment
- 8 one-hour individual sessions
- 8 two-hour group sessions
- Mindfulness CDs
- Feedback and support
- Morning Tea

The program is delivered in a relaxed group setting over eight weeks, during which participants will learn new skills while being supported by an experienced psychologist. Participants are required to make a commitment to the daily mindfulness exercises taught during the program.

**2 separate programs commencing:**

**Tuesday July 10th  
at 6:00pm  
and  
Friday July 20th  
at 11:00am.**

If you are interested in attending this 8-week program, please discuss it with your GP or Psychiatrist, who may be able to refer you under a Mental Health Care Plan. Cost: \$265 gap with Mental Health Care Plan

Bulk billing may be applicable for concession card holders with Mental Health Care Plan

**For more details, please contact:**

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