

## MBCT

### Mindfulness-based cognitive therapy with Breathwork

Learn to practice mindfulness and breathing techniques that cultivates a new approach to life's experiences, moving away from automatic emotional reactivity to a more aware and considerate way of being.

#### About the program

MBCT is a type of psychotherapy that integrates cognitive therapy, meditation, and the cultivation of a present-oriented, non-judgmental attitude called "mindfulness." This particular program consists of the standard MBCT program and also integrates a specific breathwork technique (holotropic breathwork) that influences the way the body energises and cleanses itself physically, mentally and emotionally, helps to change our state of consciousness to be more non-reactive. This adds a powerful avenue to experience being present and mindful.

#### Target condition:

MBCT is an evidence-based therapy for people recovering from a mental illness, including depression, anxiety, post-traumatic stress disorder (PTSD). The program is more focused on practicing and experiencing concepts rather than just learning about them in a theoretical way.

#### Program content / Program goals:

- Moving from automatic doing to more considerate awareness and being
- Learn and practice mindfulness, meditation and breathwork
- Decentering – relating to thought, emotions and impulses as acts or passing events in the mind, rather than identifying with them.
- Experience being more present and less reactive
- Learning to work with thoughts and emotions rather than suppressing them
- Focusing on the moment without distraction from other ideas or events, increasing concentration
- Attending to the body and physical sensations
- Learning a gentler and more compassionate attitude towards self
- Taking a non-judgmental stance
- Harnessing the gentle therapeutic power of the breath
- Acceptance / non aversion
- Letting go

#### Facilitator

**Gilad Shavat**, Body-mind therapist certified in the modalities of Breathwork, Mindfulness and life coaching, Clinical Support: **Dr Sabrina Maeder**, Principal Clinical Psychologist.

The Program is overseen and reviewed by the Director of Psychiatry, Dr Manoj Ravindran.

## How to Join

All prospective participants need to have been assessed by Dr Ravindran prior to joining, which requires a GP referral.

## Cost:

People are admitted as a day patient and the program is funded by their private health funds. Any potential out-of-pocket expenses depend on the person's health fund.

## When

Duration: *9 weeks*

Day: *Wednesdays*

Time: *9.30am to 3pm*

Included: *Morning Tea and Lunch (please advise of any dietary requirements)*

## For more information

Contact Rivendell Clinic – Day Program

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