

North Sydney Psychology



MINDFULNESS BASED COGNITIVE THERAPY GROUP

Led by Alexander Robertson,
Psychologist and mindfulness teacher

ONLY 10 SPOTS AVAILABLE
STARTING SOON
504/44 MILLER STREET
NORTH SYDNEY

Register at
www.northsydneypsychology.com
or call 0451 016 821

Eligible for Medicare rebate



MINDFULNESS BASED COGNITIVE THERAPY GROUP

Mindfulness Based Cognitive Therapy (MBCT) is effective

All over the world, research has shown MBCT can halve the risk of future clinical depression in people who have already been depressed several times - its effects seem just as good as antidepressant medications.

Training in mindfulness can free you from the grip of emotional distress. Learn new skills that allow you to cultivate a radically different way of working with your mind.

Cost of \$595

Maximum Medicare rebate with valid Medicare Health Care Plan is \$176 over 8 sessions.

10 group sessions are in addition to 10 individual session allowance

Involves:

- Individual phone interview
- 2 hour group/week over 8 weeks
- Mindfulness meditation and body awareness training
- Exploration of your patterns of mind
- Handouts to guide home practice
- Ongoing support

Alexander Robertson, Psychologist BSc(Psychology), MA(Psychology), MPsych (Counselling Psychology), Diploma in Dramatherapy, Diploma in Philosophy

Alexander has over 14 years experience as a psychologist and has been trained in MBCT at the Mindfulness Institute Australasia. (MTIA). Alexander is a practitioner of mindfulness in his daily life.

