

MINDFULNESS-INTERGRATED COGNATIVE BEHAVIOUR THERAPY (MICBT)

Mindfulness-integrated Cognitive Behaviour Therapy or MiCBT offers a practical set of evidence-based techniques. These techniques are derived from mindfulness training together with principals of Cognitive Behaviour Therapy (CBT) to address a broad range of psychological disorders and general stress conditions. MiCBT is a four stage model that helps participants to regulate emotion and attention and to externalise these skills into everyday situations they may find difficult.

Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

When is it held?

CBT is held once a week for 3 hours over a 12 week period with a break for morning tea or afternoon tea. Please contact us on 02 4950 5115 for the day and time of this program

How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the Toronto Therapy Services on 02 4950 5115 or visit www.torontoprivate.com.au

Who is the program for?

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CBT is useful for anyone who has difficult thoughts and emotions that prevent them from participating in life.

Program Content

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Weeks 1-4 Stage 1: Personal Stage

Stage 1 develops attention-regulation skills through the practice of mindfulness of breath and body sensations. This promotes experiential awareness and acceptance to help manage difficult thoughts and emotions when faced with common daily stressors.

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Weeks 5-7 Stage 2: Problem Solving Stage

This stage introduces various exposure strategies to help increase self confidence when facing situations that would usually be avoided. We learn to manage our reactions to situations more effectively.

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Weeks 8-10 Stage 3: Interpersonal Stage

Stage 3 focusses on mindfulness based interpersonal skills, communication and assertiveness to help communicate more effectively with others.

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Weeks 11-12 =Stage 4: Empathic Stage

This stage introduces empathetic skills such as compassion towards oneself and others. This can help improve one's sense of self-worth and one's ability to connect with others.