

ACT with AWARENESS

MINDFULNESS AND RELAXATION COURSE



Develop skills in
Mindfulness within an
Acceptance and
Commitment Therapy
(ACT) framework

Would you like to find solace? From ... Anxiety? Stress? Sadness? Sleeplessness? Anger?

What will the course cover?

Simple, accessible practices to open awareness, increase stillness, enhance calm, and develop focus.

In a small group format, we will be practising and developing skills in mindfulness, awareness, and relaxation. The framework around which the course will be based is ACT, or Acceptance and Commitment Therapy. ACT is a well-researched, modern psychological approach that is grounded in cognitive-behavioural therapy.

There will be discussion on mindfulness and ACT processes, as well as experiential practices focused on increasing awareness and relaxation. There will be home practices and exercises given, and ongoing review of the impact of the practices on our life experiences.

Who is the course for?

The course is open to anyone who would like to develop a greater ability to be in the present moment, to act with awareness, to relax amidst a busy life, and to reflect on what really matters in one's life.



Who is the practitioner?

Dr Sue Jackson is the course facilitator. Sue is a registered psychologist, with a specialisation in sport and exercise psychology. Sue has undertaken training in ACT, and is also a yoga teacher.

What is the cost?

The course fee is \$400. The full fee is payable in advance. Register before January 31, and receive an early bird discount rate of \$380.

Can I claim a rebate?

Yes, rebates for the course may be available via Medicare's Group Focused Psychological Strategies. Going through the Medicare program provides a rebate of over 50% of the course fee.

To be eligible for a Medicare rebate, you will need a referral from your GP for 'Group Focused Psychological Strategies'. Alternatively, some private health funds provide a rebate for psychology programs.

10 WEEKS
Saturdays 3.00 – 4.30pm
PART 1: Feb 11 – Mar 17
PART 2: Apr 14 - May 5



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