



FOR YOUR INFORMATION

MINDFULNESS BASED COGNITIVE THERAPY (MBCT) PROGRAM

Commencing Tuesday 3rd November 2009

When: Tuesday 5.30 to 8.30pm
How long: 8 weeks
Who: Outpatients only
Cost: May be covered by private health fund;
check with the Centre & your fund
Facilitator: Dr Mark Craigie (Clinical Psychologist
Registrar)
Where: The Marian Centre Subiaco
187 Cambridge Street

The MBCT Program is most suited to patients who:

- Are experiencing *chronic* depression or anxiety
- Currently functioning quite well but have had *repeated* depressive/anxious episodes in the past
- Require skills to better *tolerate and cope* with their depressed or anxious mood
- Not experiencing *trauma* reactions

Referrals can be made by completing a **Therapy Referral Form** & forwarding to reception at The Marian Centre. Fax: (08) 9388 3179

Alternatively online referrals can be made by going to our website at www.themariancentre.com.au

Please contact reception to enquire about cost & health fund rebates

For further information please contact:
Dr. Mark Craigie
Clinical psychologist registrar
Email: mcragie@themariancentre.com.au