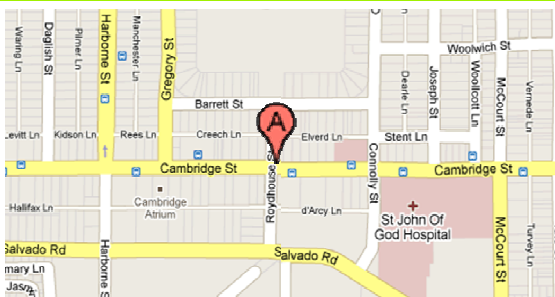




Where is the Program ?

Programs run regularly throughout the year.

RELAPSE PREVENTION



**The Marian Centre
187 Cambridge street
Wembley WA 6014**



**Phone: 08 93804999
Fax: 08 93883179**

Visit our website:
www.themariancentre.com.au

8-week Evening Program:

Wednesday
5:30 to 8:30pm

Eight 3 hr sessions. A short break is taken during each session with light refreshments provided.

Getting Referred & Costs

A referral from an accredited medical practitioner is necessary to be eligible to take part in a program. Before starting the program you will be reviewed by one of our therapists. This is to ensure the program is suited to your needs. Your level of private health insurance will determine how much the program costs. Our administration department will be able to determine any out of pocket expenses prior to you commencing the program. It is advised that you also contact your private health fund. For further information please contact The Marian Centre.

**MINDFULNESS
Based Cognitive
Therapy**

An evidence-based program to help improve mood, reduce anxiety, build confidence, deal with stress,

**The Marian Centre
Tel: 08 9380 4999**

**It's a way of being that affects
the quality of the day -- that
actually you can develop, that
you can hone**

Jon Kabat-Zinn

**First we make our habits,
then our habits make us.**

Charles C. Noble

**You can't stop the waves,
but you can learn to surf**

Jon Kabat-Zinn

Mindfulness

Based Cognitive Therapy (MBCT)

Mindfulness CBT finds its origins in Eastern Buddhist meditation which began many centuries ago.

Mindfulness training is based on the idea that by learning to pay attention to our experience in a non-judgmental way, we can learn to be better able to accept this experience just as it is at that moment in time.

*“Mindfulness means paying
attention in a particular way....*

- *on purpose,*
- *in the present moment,*
- *non-judgmentally*



MBCT is shown to help people who need to reduce stress, anxiety & depression as well as the distress associated with chronic pain. MBCT is especially suited for patients who have been suffering from depression for a long period of time, have improved, but are vulnerable to relapse.

peace.

it does not mean to be in a place
where there is no noise, trouble
or hard work. it means to be in
the midst of those things and still
be calm in your heart.

(unknown)