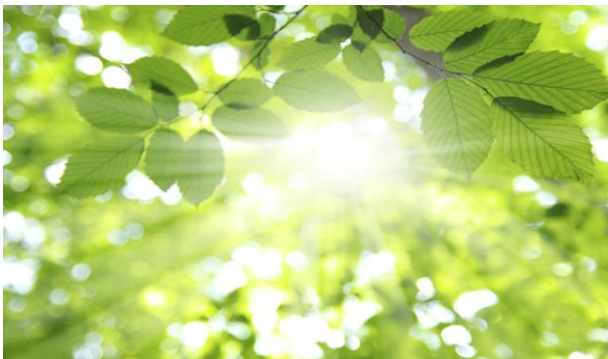


## A Quick Overview

**Weekly 9:30AM – 12:00PM over 6 weeks •  
Commencing Tuesday 29th April 2014**

This program for living with chronic pain and illness, is based on the scientifically validated mindfulness based approaches of MBSR, MBCT, Breathworks-Mindfulness and ACT. Mindfulness approaches teach methods of being awake to the whole of life, even when it includes difficulties such as pain and illness. This program helps people to develop a new relationship with pain and illness. Learning ways to drop the struggle with pain and illness and move towards acceptance allows a broadening of experience to include pleasant and valued aspects of living. Mindfulness allows people more freedom to respond to difficulty rather than reacting in habitual, unhelpful ways.

The Acceptance and Commitment Therapy components of the course include an emphasis on reconnecting people with ways of living that are important to them and moving them towards a richer, more fulfilling life.



## Program Details

This program is offered as 12 separate modules over 6 weeks for 2 to 2.5 hours each week.

The development of a daily practice of mindfulness meditation is an essential component of the course.

Cost includes all materials and resources. Sessions costs can be partially rebated by Medicare (with a GP referral), Workcover and private health insurers.

## To Make a Booking

**Cost: \$80.00 per week**

Substantial rebates are available from Medicare with a Mental Health Care Plan referral from your gp

To book for this particular group session, find our more information or to enquire about other group sessions, please feel free to contact Andrea Armstrong at [groups@lakesiderooms.com.au](mailto:groups@lakesiderooms.com.au) or phone 0430 433 071 or 5562 0466.

## Program Practitioners

### Simon Yelland

*Physiotherapist*

Simon Yelland is a Physiotherapist with 17 years experience in private practice. Prior to this he held Head of Physiotherapy Outpatient Clinic positions in Australia and in the UK. He has special interests and post graduate training in musculoskeletal and orthopaedic physiotherapy, acupuncture and headache management.

### Dr Christine Phillips



*Clinical & Health Psychology*

*Ph.D.(Phcol), M.Clin.Psych, MAPS STAP*

Christine has undertaken extensive training in Australian and in the UK in Mindfulness based therapies (MBCT, MBSR, Breathworks-Mindfulness) and also in Acceptance and Commitment Therapy.

Christine has particular interests and specialisations in Clinical and in Health Psychology which is informed from her knowledge and experience in medical science and psychology. This encompasses areas such as lifestyle and weight management, chronic illness management and chronic pain management.