

## Mindfulness I

Group Facilitator  
Judy Robinson  
*Psychologist*

Judy has over 20 years experience running groups as a Registered Psychologist. She has specialist training in Mindfulness and Relaxation combined with a regular practice throughout her professional career



Group Date

Cost

\$40.00 per week

Rebates may be available with GP referral

Rebates

### A Quick Overview

Mindfulness is “paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment”. (Kabat-Zinn, 1990).

Mindfulness is a focussed psychological strategy utilised in several evidence based therapies currently receiving international acclaim. This, due to the way that it increases an individual’s ability to observe, tolerate, and master, thoughts and feeling states. It has been found to be useful in assisting individuals suffering from anxiety and depression. This Level 1 Group is for people who have an experience of individual therapy or other psychological processes. It is a great adjunct to any stress reduction program, aiming to enhance confidence to cope with life’s stressors.

### Program Aims

This Program is Level 1 of a 2 part series. Level 1 aims to introduce the foundation for mindfulness skills through experiential practice in a safe nurturing environment. Over 6 weekly 1 hour sessions you will learn skills that help to buffer you from the impact of stress, increase self awareness, and contribute to an overall sense of wellbeing.

### To Make A Booking

To book for this particular group session, find out 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 us 0430 433 071 or fax us (07) 55 620 499.

### Venue

Lakeside Group Room  
Suite 8 North Building  
Robina East Quays  
34-36 Glenferrie Dr, Robina

