

# MIND HUB

## COURSES & PROGRAMS

### MINDFULNESS BASED RELAPSE PREVENTION

Mind Hub City

A 6 week program designed to bring the practice of mindful awareness to individuals who have experienced an addiction. The focus is on learning how to respond in useful ways rather than react in a habitual harmful manner.

#### *Program provides:*

- An opportunity to become aware of personal triggers and habitual reactions, and learn ways to create a pause in this seemingly automatic process
- Skills to recognise challenging emotional and physical experiences and respond to them in helpful ways
- A non judgmental compassionate approach toward yourself
- A lifestyle that builds both mindfulness practice and recovery

#### *Program details:*

- Location – Level 1/175 Collins Street
- Tuesday Tuesday 16<sup>th</sup> October – 4<sup>th</sup> December 2018
- Time 1.00 – 4.00pm

**Facilitator:** Dr Anna Dimsey - Clinical Psychologist

#### *How to join:*

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

#### *How much does it cost?*

Costs are usually covered by your private mental health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

For registration and further information please call 6247 9960 or email: [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)

***GP referral and private health insurance is required.***

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