



Suitability for a Mindfulness Program

Information for clinicians when recommending a course

www.mindfulnessaus.com.au admin@mindfulnessaus.com.au 0488 064 228

ABOUT OUR PROGRAMS

8 week programs:

Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy courses are evidence-based third generation cognitive behavioural programs suitable for adults with stress, anxiety and/or depression. These group programs run over 8 weeks and teach emotional and self-regulation, and skills to reduce rumination and worry and increase self-care and quality of life. While many people find the practices, teacher and group process nurturing and relaxing, the course is also intense and self-driven with daily practice between the weekly teaching sessions required. The course involves self-regulation skills but also orienting towards stressful situations and learning to experience and tolerate difficult thoughts, emotions and body sensations. Groups may consist of between 8 and 25 participants to one teacher. Therefore the course is not suitable for everyone and sometimes the timing is not right for people.

4 week program:

We have a 4 week, one hour a week program which is also run online and in person (in rural areas). This shorter course offers key concepts around emotional literacy and brief strategies for self-regulation so suitable for those who would like a briefer intervention or are not yet ready for a longer course.

WHO IS SUITABLE FOR A MINDFULNESS PROGRAM?

Our programs are suitable for adult Tasmanians who experience a mild to moderate level of psychological distress (e.g. K10 score of between 20 and 30), or who are at risk of experiencing this degree of distress (e.g. becoming a carer, receiving a diagnosis of cancer, starting a stressful job etc), and who do not experience one of the following contraindications. **Self-referrals only are accepted, online or via the phone or email.**

WHO IS NOT READY FOR A MINDFULNESS PROGRAM?

The following circumstances make it very difficult to participate in a mindfulness program and we recommend referral to a more intensive service provider such as clinical group e.g. Dialectical Therapy Program or individual services with a Psychologist. It's quite possible that when circumstances have settled or skills have been learnt in these more supportive environments, that the person may then apply for a mindfulness program. For example, a life crisis may settle and the person has the time, energy and headspace to now focus on learning skills and being more reflective. E.g. a person with Post Traumatic Stress learns to ground themselves and to notice sensations in their body without dissociating. If you are in doubt, please contact us to discuss.

A person is not ready for a community based, group mindfulness program if they:

- Experience suicidality
 - Experience severe depression or anxiety which results in difficulty attending sessions or being able to express themselves, be in a group or complete home practice
 - Are currently or recently an inpatient as this usually indicates that a greater severity in presentation than a community based group can manage
 - Experience dissociation as part of a trauma presentation, as it is possible the program will induce triggers and the lower intensity of our services will not match the degree of support required
 - Are currently or have recently experienced a life crisis such as the death of a loved one, a relationship break or loss of a job as the distress is likely to be too large to focus and more practical issues may require attending to
 - Display aggressive or other behaviour that makes it difficult for the person to be present and co-operative in a group setting
 - Have thought disorder spectrum illnesses which requires a more intense support environment to manage both negative symptoms and intrusive thoughts
 - Present with active drug or alcohol abuse and detoxification as this often results in people being unable to attend or practice without use, and can lead to unsafe behaviours.
- More intensive and adapted approaches are more likely to be of assistance in this acute phase.

Please don't hesitate to contact us with any questions

