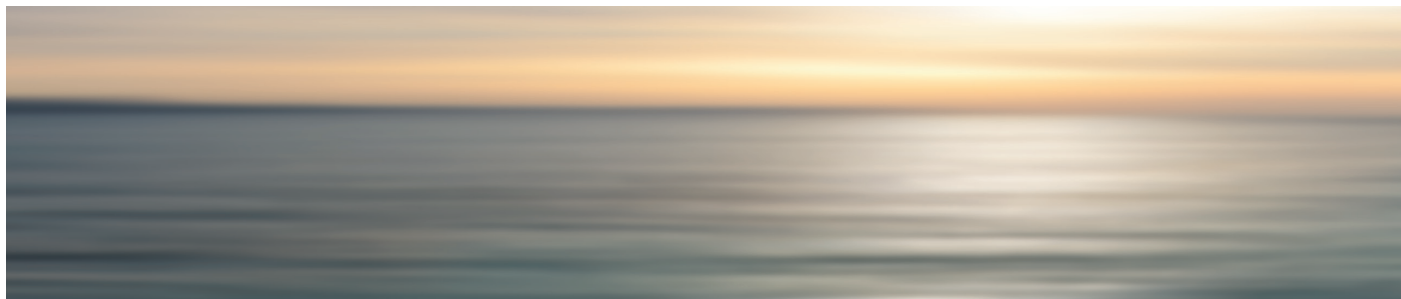


Has your inner calm gone walkabout?



Managing the Madness is a highly practical and experiential Mindfulness Meditation program which will help you to reconnect with your inner balance and peace of mind

Managing the Madness

Mindfulness Meditation - 6 Week Program

Research studies show meditation can effectively reduce negative symptoms of stress such as chronic pain, lack of concentration, anxiety and depression. Meditation isn't a replacement for traditional medical treatment but it can be a useful complement to other treatment.

All of us experience moments of being overloaded, distracted or switching onto "automatic pilot". We catch ourselves behaving mechanically as though the body is doing one thing and the mind is "somewhere else".

When we experience ongoing stress, we can become saturated by our thoughts and our body reacts with an automatic "fight or flight" stress response. While this might be helpful in cases of extreme danger, if we remain in this agitated state for a prolonged time it can cause physical and emotional harm.

Meditation has a balancing effect to the stress response - it calms the nervous system and allows the bodymind to restore itself.

Mindfulness practice is not "switching off" the mind. Rather, it means being aware of whatever passes through the senses and the mind without judgement (eg sounds, sights, smells, sensations, thoughts, feelings etc). Regular practice trains us to be present for all the moments of our daily lives with less stress and a greater sense of peace.

Program Content

- 6 x 2 hr sessions supported by an experienced facilitator
- Guided instructions in mindfulness meditation practices including breathing techniques, gentle yoga and stretching, relaxation and awareness exercises
- Group discussions
- Weekly homework – 30 minutes practice per day is required
- Four home practice CDs
- Coursebook

Learn proven methods to return the manic mind to a graceful state of calm

Managing the Madness draws from a number of traditions and practices including the Mindfulness-Based Stress Reduction (MBSR) model developed by Jon Kabat-Zinn for the University of Massachusetts Medical School and the Center for Mindfulness in Medicine, Healthcare and Society (UMass).

Who should attend

- People who wish to integrate mindfulness practices into every day life for ongoing relaxation, improved self esteem and resilience
- People who recognise habitual thinking patterns and wish to facilitate the self-healing process
- People wanting greater peace of mind in their lives

Program Presenters



Sal Flynn is a counsellor and teacher of meditation and yoga with many years experience in clinical, corporate and educational settings. Underpinning her work is 30 years of practice and study in the mindfulness traditions, along with education and internships in Western psychotherapy and yoga therapies both in Australia and India. Sal seeks to support her clients with practical strategies to calm the anxious mind,

restore balance and develop greater self-acceptance. Sal advocates that personal wellbeing comes from an approach that looks at all aspects of the self – physical, mental, emotional and spiritual. Sal is located in Sydney (NSW) and can be contacted on 0409 909 930.

Training includes:

Bachelor Degree in Psychotherapy and Human Change, Advanced Diploma of Yoga Teaching and Meditation, Certificate in Yoga Therapy, Diploma of Clinical Hypnotherapy, MBTI Facilitator and Trainer, Certificate IV Workplace Training and Assessment

Professional Associations:

Counsellors and Psychotherapists Association of NSW, Australian Hypnotherapy Association, International Association of Yoga Therapy, Australian Institute of Yoga Therapy

Mindfulness Meditation - 6 week program

- Gain a new perspective on stressful situations
- Build skills to manage stress
- Reduce negative emotions
- Consciously respond rather than react
- Learn breathing techniques for relaxation, clarity and calm

For more information on Managing the Madness or to join the next available program in Sydney call Sal 0409 909 930 email: sal@creativecounsel.com.au or in Canberra call Katrina 0412 922 642 email: katrina@creativecounsel.com.au



Katrina Berg-Howard is a creative coach, counsellor and facilitator who has a background in recruitment, representation and performance management in the arts. In addition to general coaching and psychotherapy, Katrina consults to individuals and organisations in the arts, exploring issues and barriers affecting creative flow, communication and performance. Drawing on established coaching and

counselling principles, Katrina engages a solution focused approach including mindfulness meditation practices for stress reduction (MBSR). Katrina is currently located in Canberra (ACT) and can be contacted on 0412 922 642.

Training includes:

Bachelor of Counselling and Human Change (JNI)
Lifeline Australia - Accredited telephone counsellor
Myers Briggs Type Indicator - Accredited Facilitator (ITD Australia)

Professional Associations:

Intern Member, Counsellors and Psychotherapists Association (CAPA NSW)

For more information on individual counselling or our other courses see www.creativecounsel.com.au