

MINDFULNESS THERAPY (MiCBT):

for Anxiety, Depression and General Wellbeing

8 week group

A therapeutic group intervention aimed at assisting with learning skills to reduce reactivity and bring about a more equanimous capacity in order to assist with living life in a happier way.



change) with mindful awareness (kind curious observation).

It has a strong emphasis on developing goals of therapy and working on behavioural change through a

This is a 8 week program using a mindfulness based therapy called Mindfulness Integrated Cognitive Behavioural Therapy (MiCBT).

Who is this group useful for?

The skills and application learnt are useful for everyone and can particularly help with the following areas: Increasing mood, reducing anxiety, improving sleep, adjusting to change, reducing reactivity;and improving the capacity to connect with others, increased contentment/gratitude/happiness.

MiCBT is a therapy modality that utilises some traditional elements of CBT (Cognitive/thinking and Behavioural

variety of exposure and awareness exercises. It also involves having a daily mindfulness practice of which over time leads to positive and life enhancing neuroplastic brain changes and outlook changes/improved functional capacity.

This group program works systematically through a four step program in a group capacity; but also with some individual input (two phone or Skype sessions per person with option of more if required at additional cost) to assist in recovery and enhancement of life goals.

The group is run by two facilitators (although the odd session may have just one) Kathryn Molloy and Dr Charlton (see over page).

When: 13th February 730 till 915pm for 8 weeks

Place: Mother-Well Holistic Health, 820 Mt Eden Rd, Mt Eden.

Cost: \$1200

Kathryn Molloy

I originally trained as an Occupational Therapist. I then specialised in mental health and went on to do additional training. This included post graduate training in Cognitive Behavioural Therapy (CBT), Eye Movement and Desensitisation Reprogramming (EMDR) and Mindfulness Integrated CBT (MiCBT).

I also did a 9 months full time training as a yoga teacher in 2003 of which had a strong mindful component.

In addition to this I have always had a strong focus on personal and spiritual development and been lucky enough to be exposed to various influences/ practices which have encouraged this from a young age.

I have worked at Maternal Mental Health for approximately eight years and in mental health much longer.

I greatly enjoy the deep reward gained by witnessing peoples recovery and being able to aid in lightening peoples weight at times of suffering. I have found MiCBT to be so very helpful with assisting clients in recovery and general life skills/ happiness, and look forward to being able to bring this system forward to be of help to many more.



Robyn Charlton

I am a Perinatal Psychiatrist with a special interest in mindfulness based therapies, including MICBT (Mindfulness Integrated CBT) ACT(Acceptance and Commitment therapy) and IFT Insight Focused therapy. I am also trained to teach mindfulness in schools, being a Pause , Breathe , Smile facilitator through Mindful Education/ Mental health Foundation of New Zealand.

I originally did a BSC in Psychology and Nutrition where I became interested in neuroplasticity / neuroscience and integrating all aspects of healing. I then studied Medicine, specialising in Psychiatry.

I started a yoga practice ten years ago and MBSR (Mindfulness Based Stress Reduction) practice six years ago. It was when I was pregnant with my third child, that I did MBSR and a Mindful self compassion course. I found them to be transformational in my life , starting my own personal meditation journey as well as my passion to share mindfulness with others in my work.

I continue to be fascinated about how our brain changes in size and function, with these meditation practices. I have found MiCBT to be a very effective treatment, and am excited to share it with you.



If you have any further questions about this group or would like to talk further please contact us.
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