

The Art of Mindfulness

Acceptance and Commitment Therapy

2-Day Experiential Workshops

with

Dr Russell Harris, M.B.B.S., M.A.C.Psych.Med.

Sydney, Melbourne, Brisbane, Adelaide, Hobart, Townsville
September & October 2006

For more details, visit: www.actmindfully.com.au

'Mindfulness' is a hot topic in Western psychology - increasingly recognised as an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and undermine destructive emotive, cognitive, and behavioural processes. *Acceptance and Commitment Therapy* (ACT) is a powerful mindfulness-based therapy with empirical support in a wide range of disorders, from anxiety, depression and PTSD, to chronic pain, anorexia and substance abuse.

Effective with individuals, couples and groups, ACT helps clients to live in the present moment, connect with their values, access a transcendent sense of self, and effectively handle painful thoughts, feelings, memories, sensations and urges.

ACT is very efficient. In one published study, hospital re-admission rates for chronic schizophrenic patients were reduced by 50%, **with only 4 hours of therapy!** Other published studies have shown that ACT training increases therapist effectiveness and reduces burnout.

Dr Russell Harris, medical practitioner and psychotherapist, is the foremost provider of ACT training in Australia. His highly-acclaimed workshops will give you a solid foundation in ACT, and a variety of powerful and effective new tools for therapy. Those very same tools can help you reduce stress and burnout, and increase work satisfaction. Indeed, many participants report profound positive life changes following a workshop ...

'Fabulous workshop, best I have ever attended' - Sarah Marshall, Psychologist, Sydney
'Life-changing professionally and personally' - Caroline Jones, Psychologist, Wollongong
'A very special workshop ... truly excellent' - Jennifer Stewart, Social worker, Brisbane

The fee for a 2-day workshop is \$350 (\$295 for students). This includes extensive reading materials, handouts, and a CD recording of ACT-based mindfulness skills.

To register for a workshop, or to find out more details

You can either visit: www.actmindfully.com.au

Or send an e-mail to: rushharris@actmindfully.com.au

Or phone: 0425 782 055

The Presenter

Dr Russell Harris: A medical practitioner and psychotherapist, Russ has been actively involved in teaching, training, and running workshops for many years, especially on mindfulness. He has undertaken advanced training in America with both Steve Hayes and Kelly Wilson, the co-creators of ACT, and he has just completed a self-help book based on ACT, titled "The Happiness Trap" (due out in Feb 2007).

The Workshops

Workshops run for 2 days, 9am-5pm.
The fee is \$350 (\$295 concession)

At the completion of a two-day workshop, you will be able to:

- effectively use ACT interventions in a wide variety of clinical problems
- apply ACT in your own life, to create a sense of vitality, meaning and fulfillment
- use ACT to help you cope with the stresses of difficult clients
- develop and strengthen psychological acceptance and a transcendent sense of self
- fundamentally change your relationship with unwanted thoughts and feelings
- rapidly reduce the believability of negative thoughts (without challenging them)
- help clients connect with core values, and take committed action
- easily create your own mindfulness exercises

You will also receive extensive handouts, plus a CD recording of mindfulness exercises.

Workshop Schedule

Melbourne

Friday 29th & Saturday 30th September
Northcote Town Hall, 189 High St, Northcote, VIC 3070

Sydney

Friday 8th & Saturday 9th September
The Crypt, Wesley College, Western Avenue, University of Sydney

Adelaide

Friday 22nd & Saturday 23rd September
Medina Grand Adelaide Treasury, 2 Flinders Street, Adelaide, SA 5000

Brisbane

Friday 1st & Saturday 2nd September
Terraces on Wickham, 345 Wickham Terrace, Brisbane, QLD 4000

Hobart

Friday 15th & Saturday 16th September
Lenna of Hobart, 20 Runnymede St, Battery Point, TAS 7004

Townsville

Thursday 4th & Friday 5th October
Seagulls Resort, 74 The Esplanade, Townsville, QLD 4810

To register for a workshop, or to find out more details,
Please visit: www.actmindfully.com.au
Or e-mail: russharris@actmindfully.com.au
Or phone: 0425 782 055