

About emotions

Do you feel that your emotions are sometimes (or maybe even often) running your life instead of you? Are you anxious a lot, or do you easily lose your temper? Or are you maybe struggling with being sad and down in the dumps a lot? And the more you try not to 'have' those emotions, the more they seem to want to stay?

We all have intense and unpleasant emotions sometimes, but if this is happening more often than you would like, or affecting your life in a negative way, then maybe this course is something for you.



Why 'Re-Train Your Brain'?

Intense overwhelming and unpleasant emotions are partly caused and maintained by automatic and unconscious reaction patterns of our brain. Changing those automatic reactions is possible, but it definitely does not just happen by itself!

The course "Managing Your Emotions – Re-Train Your Brain" offers a structured and effective method (body focussed mindfulness practice) to re-train your own brain and start extinguishing unhelpful automatic thinking patterns. You will also learn to become more at ease with unpleasant emotions, which leads to those emotions becoming less and less intense.

The second half of the course focuses on applying mindfulness skills in situations in your daily life that may be difficult for you to cope with, such as busy traffic, interactions with other people, etc.



What is this 'mindfulness'?

Mindfulness is the ability to pay attention to an experience in a particular way: on purpose, in the present moment (without drifting into thoughts of the past or concerns about the future) and without having any judgements about the experience.

The use of mindfulness practice and mindfulness in daily life has proven to be very helpful for many people in their recovery from a wide range of mental-emotional difficulties such as depression, anxiety, anger, PTSD, interpersonal difficulties and also as effective relapse prevention. Mindfulness practice has also been used successfully in the management of chronic pain and has been demonstrated to have a positive effect on stress levels and the immune system.

Mindfulness meditation is **not** about relaxation or about 'zoning out' to Nirvana, but about training yourself to become fully aware and emotionally balanced in the here and now. You do **not** need to sit cross-legged on the floor (although you can if you want to), chant 'ohm' or be a 'spiritual person'.



Some of the things people learned from the course:
"With mindfulness, I can be in control of my life, of my reactions to the influences of other people"
"Thoughts are just thoughts, not the truth"
"I am not the only one who has these difficulties!"

About the course

The course "Managing Your Emotions" has been running at the Redland Community Centre since September 2006 and since July 2007 we have also been offering mindfulness meditation as part of the course.

The course consists of eight 2.5 hour group sessions & optional weekly individual sessions (separate cost). The course is a mixture of:

- theory on specific difficult emotions and how mindfulness can help with those emotions
- practical exercises with mindfulness
- learning from each other
- daily mindfulness practice at home (two 30 minutes sessions each day)

The course is facilitated by a registered psychologist and experienced mindfulness practitioner. It is based on Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), a treatment program developed by Dr Bruno Cayoun, clinical psychologist at the University of Tasmania. Please see the website www.mindfulness.net.au for more information about MiCBT and other organisations and institutions that use MiCBT.

What you need to do

Course participants need to practise at home every day for at least the duration of the course. Learning to better manage your emotions does take regular practice. To get maximum benefit from this course, you will need to practise twice daily for about 30 minutes (in the morning and in the evening). Your main benefits from this course will come from your daily mindfulness practice at home! As part of the course, you will receive two CDs with instructions for mindfulness meditation to help you with this daily practice.

Some tips from previous course participants:
"Practice and you will achieve"
"Stick with it. It will make a difference"
"Do the daily mindfulness practice from the start!"



Enrolling in the course

If you are interested in the course, contact the Redland Community Centre on (07) 3245 2117 and leave your name and contact details with Reception and we will get back to you as soon as possible.

Before the start of the course, pre-course interviews are held, to answer any questions, identify whether this course will meet your needs and to discuss any specific needs or concerns you might have.

This course is **not** suited for people with severely aggressive or violent behaviour. If you have a problem like that, please contact us and we may be able to refer you on to another course or organisation.

Location: Redland Community Centre,
29 Loraine Street, Capalaba

**Times/
Dates** 6.30-9pm (arr 10mins early)
Wednesday evenings
Intro: Wed 5 Oct 6.30-8pm
Wk 1: Wed 12 Oct for 8 weeks
Wk 8: Wed 7 Dec
Optional practice: 9-9.30pm
There is a break on 23 Nov

Duration of sessions: The courses consists of 8 sessions, each 2.5 hrs, including a coffee/tea break.

Costs: Total course costs are \$455. Medicare rebates may apply (subject to minimum numbers of attendees). A payment plan may be possible for concession card holders. Cost includes eight 2.5 hr group sessions, two CD's with guided instructions, course handouts, reading materials, and a light snack.



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Skills developed through the course

The course focuses on developing greater self-awareness, self-acceptance and a greater sense of self-efficacy by helping you to develop the following skills:

- A better understanding of what causes difficult emotions and what you can do yourself to manage them better.
- Becoming more aware of early warning signs of difficult emotions coming up.
- An increased ability to notice and stop unhelpful 'mind trains' that cause or escalate difficult emotions.
- An increased ability to be at ease with difficult emotions and the unpleasant body sensations that come with them.
- An increase in your sense of being in charge of yourself and your life.
- An increase in your sense of Self.
- An increase in self-acceptance by learning to be more accepting of your own thoughts and emotions.
- Development of a greater degree of inner peace and calm.
- An increase in your ability to remain calm and be at ease in your interactions with other people.
- An increase in your ability to be assertive with other people.

*"Don't hesitate to do this course: you will learn to control the mind, ease stress, sadness and have a clearer perception of things."
"I have learned self-awareness and self-acceptance"
"I have learned to control my emotions, not let my emotions control me"
"I have become more assertive in asking for things that I want"
"By practice, patience and persistence my life will be better - calmer, more peaceful"
"A thought is just a thought - and it will pass!"*



Managing Your Emotions - Re-Train Your Brain



A Training Course in Mindfulness

Aimed at helping you better manage difficult emotions like anxiety, fear, sadness, depression and frustration.

Next course starting
Wednesday 12 Oct 2011
6.30pm - 9pm

Course information session
Wednesday 5 Oct, 6.30 -8pm

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