

# Mindfulness Integrated Cognitive Behaviour Therapy

We will answer some of the common questions about:

- Mindfulness
- MiCBT (Mindfulness Integrated Cognitive Behaviour Therapy)
- MCBT (Mindfulness based Cognitive Behaviour Therapy)
- The use of Mindfulness for Psychological Treatment

- [What is Mindfulness](#)

How does Mindfulness Therapy / Counselling work?

- [Mindfulness Therapy / Counselling for Depression](#)
- [Mindfulness Therapy / Counselling for Anxiety](#)
- [Mindfulness Therapy / Counselling for ADHD - Attention Deficit Hyperactivity Disorder](#)
- [Mindfulness Therapy / Counselling for Grief & Loss](#)
- [Mindfulness Therapy / Counselling for Anger Management \(Men & Women\)](#)
- [Mindfulness Therapy / Counselling for Family & Relationships \(individuals and couples\)](#)
- [Mindfulness Therapy / Counselling for Divorce and Separation issues](#)
- [Mindfulness Based Stress Reduction](#)
- [Mindfulness Based Workplace Team Work](#)
- [Mindfulness at Work for creative strategies](#)
- [Mindfulness applied to Personal Relationships improvements](#)
- [Mindfulness applied to Self-Development](#)
- [Mindfulness applied to Retirement issues](#)
- [Mindfulness Therapy / Counselling for Multicultural / Ethnic issues](#)
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## What is Mindfulness

Mindfulness is a **state of awareness** which includes perceptions from

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sensorial, somatic, emotional and intuitive sources.

This state of awareness arises from individual **training**, creating a **renewable** form of **energy** and offering to the practitioner a grounded **sense of the reality** of the **present moment**.

In an objective way, you can say mindfulness is the opposite of distraction, disconnection, lack of attention and delusion.

Mindfulness has been studied for thousands of years mainly by Buddhist monks and practitioners. But **you don't need to be a Buddhist to practice Mindfulness**.

Mindfulness is a training exercise for the mind, and its benefits are recognised by scientific studies, and today are integrated into mainstream psychology methods.

Finally in the word of others:

Kabat-Zinn's definition of mindfulness— "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally"

Jon Kabat-Zinn's - University of Massachusetts

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How does Mindfulness Therapy / Counselling work?

## **Mindfulness Therapy / Counselling for Depression**

**Mindfulness Therapy / Counselling for Depression**

One of the key issues in dealing with depression is to take into consideration the risk of relapse. This is extremely common with most people with depression.

Have you ever been depression free and suddenly, after a few months you felt depressed again with no clear reason whatsoever?

Well Mindfulness techniques for depression has been addressing relapse prevention at the same time as giving clients suffering with depression, the means to "re-invent" themselves not depressed, by working on the cognition, mood and nature of depression relapses.

Mindfulness exercises will re-educate and re-orient the core depressive state, it addresses depression from a different than the common methods of treatment, focusing on freeing you from a chronic cycle of unhappiness.

Depression is a serious matter and goes beyond the scope of this FAQ, please [consult us for a personalised mindfulness program](#) for your specific case.

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## **Mindfulness Therapy / Counselling for Anxiety**

### Mindfulness Therapy / Counselling for Anxiety

Anxiety are fear based disturbances that are usually a serious obstacle to people's well-being. Anxiety disorders, sometimes are confused with common stress but they have a deeper source than being overworked.

Stress can trigger an anxiety disorder, like when there is financial pressure, unemployment, profound uncertainty to the future, catastrophising and many other triggers.

Mindfulness therapy for anxiety disorders, allows the client to have a clear appreciation of the present moment and also implementing the concept of equanimity, which in simple terms means the reduction or even better the elimination of extreme reactions to external pressures (stimuli). A good simplified example of equanimity would be not to jump just because you dropped and broke your glass of water. Taking this example to the level and seriousness of anxiety disorders, mindfulness works on re-aligning the effects of the anxiety, while distancing the causes of anxiety from the person.

Anxiety is a serious matter and goes beyond the scope of this FAQ, please [consult us for a personalised mindfulness program](#) for your specific case.

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## Mindfulness Therapy / Counselling for ADHD - Attention Deficit Hyperactivity Disorder

### Mindfulness Therapy / Counselling for ADHD - Attention Deficit Hyperactivity Disorder

Is ADHD over-diagnosed?  
Is ADHD medication the only solution?  
Is ADHD effective in the long term?

Well, as you can see, by attempting to answer your questions about ADHD we came up with a lot more questions!

In an attempt to clarify why use mindfulness for the treatment of ADHD an understanding of a mindfulness program is necessary.

A Mindfulness program for ADHD is not a "magical instant technique" for "controlling" an individual (children or adult) who express the symptoms or had been diagnosed w/ ADHD. It has the intention of improving the awareness of the present moment using breathing practices. It can be seen as a "workout for the mind".

Also in the case of children, their parents, grand parents and all involved in bringin up the child would benefit for th Mindfulness for ADHD program.

The Mindfulness Program for ADHD (Attention Deficit Hyperactivity Disorder) works independently of the current treatment the person is getting at the moment. It does not mean to substitute the medical treatment, but to enhance the quality of life of people diagnosed with ADHD or experiencing the symptoms of ADHD (Attention Deficit Hyperactivity Disorder).

ADHD - Attention Deficit Hyperactivity Disorder is a serious matter and goes beyond the scope of this FAQ, please [consult us for a personalised mindfulness program](#) for your specific case.

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## Mindfulness Therapy / Counselling for Grief & Loss

### Mindfulness Therapy / Counselling for Grief & Loss

One of the most common forms of unhappiness is the one caused by loss and the grieving process. Contrary to common belief, it is not "something that will go away with time". The effects of loss sometimes devastating and in some extreme cases fatal.

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**Grief is a cultural manifestation, it is not "a natural consequence of loss".**

Loss is **not only** the death of someone, but also the result of voluntary or involuntary separation, divorce or abandonment, it can be the result of financial affairs going badly, and many other forms of personal, interpersonal and material causes.

Mindfulness therapy for grief and loss takes into account the cultural element of the grieving process and includes a new element by improving on the equanimity of the individual involved in the loss and consequent grieving dynamic.

The acceptance the Mindfulness counselling process adds to the coping mechanisms, results in a normalised mental, emotional, and physical states.

Reducing the "time travelling" component of grief works in a special way operating on the cognitive, behavioural and affective components of the process.

Mindfulness therapy for Grief & Loss is an extremely powerful methodology.

Grief & Loss are serious matters and go beyond the scope of this FAQ, please [consult us for a personalised mindfulness program](#) for your specific case.

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## **Mindfulness Therapy / Counselling for Anger Management (Men & Women)**

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## **Mindfulness Therapy / Counselling for Family & Relationships (individuals and couples)**

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## **Mindfulness Therapy / Counselling for Divorce and Separation issues**

Mindfulness Therapy / Counselling for Divorce and Separation issues

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## **Mindfulness Based Stress Reduction**

Mindfulness Based Stress Reduction

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## **Mindfulness Based Workplace Team Work**

Mindfulness Based Workplace Team Work

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## **Mindfulness at Work for creative strategies**

Mindfulness at Work for creative strategies for productiveness

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## **Mindfulness applied to Personal Relationships improvements**

Mindfulness applied to Personal Relationships improvements

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## **Mindfulness applied to Self-Development**

**Mindfulness applied to Self-Development**

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## **Mindfulness applied to Retirement issues**

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## **Mindfulness Therapy / Counselling for Multicultural / Ethnic issues**

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## **Mindfulness Therapy / Counselling for Intercultural Relationship issues**

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## **Mindfulness Therapy / Counselling for Migration to Australia adaptation / challenges**

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