



Dr. Christine A Phillips

Clinical & Health Psychology

Ph.D.(Phcol), M.Clin.Psych. MAPS STAP



Member
Australian
Psychological
Society MAPS



Living Well Beyond Pain or Illness

This program for living with chronic pain and illness, is based on the scientifically validated mindfulness based approaches of MBSR, MBCT and ACT. Mindfulness approaches teach methods of being awake to the whole of life, even when it includes difficulties such as pain and illness. This program helps people to develop a new relationship with pain and illness. Learning ways to drop the struggle with pain and illness and move towards acceptance allows a broadening of experience to include pleasant and valued aspects of living. Mindfulness allows people more freedom to respond to difficulty rather than reacting in habitual, unhelpful ways.

The Acceptance and Commitment Therapy components of the course include an emphasis on reconnecting people with ways of living that are important to them and moving them towards a richer, more fulfilling life

The development of a daily practice of mindfulness meditation is an essential component of the course.

The program can be run on a one to one or small group basis. Group programs are planned for early 2013 and will consist of 6 weekly sessions of 2.5hrs.

Cost

The cost of sessions will include the cost of materials and administration and can be subsidised by Medicare (if referred by a GP) and by private health insurers.



Venue:

Bert Swift Community Centre
11 Centurion Crescent, Nerang 4211

Bookings:

Please call Tracey on
07 5596 4866



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GROUP FACILITATORS

Simon Yelland

Simon Yelland is a Physiotherapist with 17 years experience in private practice. Prior to this he held Head of Physiotherapy Outpatient Clinic positions in Australia and in the UK. He has special interests and post graduate training in musculoskeletal and orthopaedic physiotherapy, acupuncture and headache management.

Lorraine Langsford

Lorraine Langsford is a Clinical Psychologist who, with her earlier background in Nursing brings with her a wealth of 30 years experience in health care. She is trained in Mindfulness and ACT approaches which she uses in her practice with both individuals and with groups.

Christine Phillips

Christine Phillips is a Clinical and Health Psychologist who has undertaken extensive training in Australia and the UK in Mindfulness based therapies (MBCT, MBSR, Breathworks-Mindfulness) and also in Acceptance and Commitment Therapy.

Christine has particular interests and specialisations in Clinical and in Health Psychology which is informed from her knowledge and experience in medical science and psychology. This encompasses areas such as lifestyle and weight management, chronic illness management and chronic pain management.

The practice is located alongside a physiotherapy practice and Christine is able to work with the physiotherapist to achieve positive rehabilitation outcomes for patients.

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