

MBSR/MBCT Course

Frequently Asked Questions

How much does the course cost?

This course is free, supported by Primary Health Tasmania under the Australian Governments Primary Health Networks Program.

When is the course held?

The course is held over 8 weeks, with nine sessions. It is important to attend all of the sessions as the information and skills build over the duration of the course. The administrator has the details on when, what time and where the course will be held.

Why do I need to participate in a phone pre-course interview with the course facilitator?

This interview is a chance to meet the facilitator over the phone and have any questions answered, to talk through what you'd like to get out of the course and make sure it's the right one for you.

What do I need to bring?

Please bring an exercise mat or camping mat if you have one. There will be a limited number of mats to use in the sessions for those who unable to bring one. Wear comfortable clothes and if you need any supports to help you to sit for the session (e.g. your own cushions or even chair), bring them.

Who can attend?

This course is for adults who can commit to the sessions, have a desire to learn more about themselves, are open to new ways of managing suffering, and who are comfortable in groups.

Do I need a GP referral?

No. Your GP may suggest it to you but it is important that you decide for yourself if you would like to come or not and not be persuaded by anyone else. So you will need to make the call and book in for the course, no one else can do that for you.

What happens if I miss a session?

Sometimes life gets in the way of even our best intentions so it is likely that you may not be able to attend a session or two. If you miss two, it might be best to join another course depending on how you're going with the practices. The facilitator will talk to you about it if you can't make it and work out the best solution.

Will I need to talk about myself in front of the group?

The group works better if people talk when they have something to say but there is NO obligation to talk at all and you will never be put on the spot. The focus of discussion is about how the practice is going, what we are noticing, what's helping, what's challenging etc. Almost everyone is nervous about attending a group with new people. However, some of the great outcomes often reported are what a relief it is to feel like you're not alone in life's struggles and how supportive the group is, this develops over time

Is this group therapy?

NO. This is an educational group, NOT a therapy group and NOT a support group. However the research indicates that there are therapeutic outcomes from attending and completing the home practice.

Will food or drinks be provided?

There are no snack breaks so please eat beforehand and bring water if required. If you would like snacks to maintain your blood sugar levels or energy, please bring them and you are welcome to consume them whenever you like.

What will happen in the sessions?

Each week we practice mindfulness in different forms and there are opportunities to ask questions and comment upon what it's like to apply this to life and stress. The facilitator will have a new topic each week and present information about such things as stress, how our mind and bodies work, why we react how we do and what mindfulness offers us.