



# Mindfulness Schema Group Program

## Who can join in?

The program has been designed to assist those who wish to achieve self-empowerment. Individual have the opportunity to develop insight into own thought patterns, their maladaptive behaviors - they have enlightening experience to walk away from unhelpful strategies that have kept them trapped in repetitive, sad and perhaps destructive behavior and thinking.

## Who will be facilitating the program?

Dr Padmini Howpage, Psychiatrist and Mr Gabriel Wong, Clinical Psychologist

## CALL US FOR PROGRAM DATES

**When:** Saturday 2-4 pm x 10 (Fortnightly)

**Where:** Mind Connections Conference Rooms at Q Central Norwest Suite 115  
Level 1, 10 Norbrik Drive Bella Vista 2153.

**Cost:** \$300 registration fee only under a GP Mental Health Care plan

**Inquiries:** [norwest@mentalhealthspecialists.com.au](mailto:norwest@mentalhealthspecialists.com.au) Tel: 02 8883 1173

**Website:** <https://www.mentalhealthspecialists.com.au>



## Wait...But what is a Schema?

A schema is a mental concept that informs a person about what to expect from a variety of experiences and situations. Schemas are developed based on information provided by life experiences and are then stored in memory.

By exploring our maladaptive schemas and finding the root cause of our destructive behaviour or thinking in the present we can self-empower ourselves to promote a better healthier future.

### The program covers the following modules

- ✓ Emotional instability and need for nurture
- ✓ Emotional attachment and need for closeness and love
- ✓ Mistrust/abuse and social isolation
- ✓ Defective component of self and identify
- ✓ Vulnerability to harm and illness
- ✓ Self-sacrifice, dependency and feeling of failure.

### What are the benefits of completing this program?

- ✓ The techniques can be **used in ever day life**, either once for 5-10 minutes, or several short times for 2-3 minutes throughout.
- ✓ The program does not end on completion. Mind Connections Specialists will organise follow up visits and continue to create healthy communities facilitating **program longevity**.
- ✓ The group structure will help individuals engagement, interpersonal skills/confidence, peer to peer practice and **sense of belonging**.



Its all about MINDFULNESS!

Mindfulness of Breath  
Mindfulness of Body  
Mindfulness of Emotions  
Development of Gratitude/Kindness  
Mindful Relationships  
Everyday Mindfulness  
Mindfulness at work and home  
Mindful Empowerment  
Mindful Master- Personal growth, problem solving & Stress Management.

#### It's a Fact!

Mindfulness is a scientifically researched and proven method for reducing stress, increasing focus, regulating emotions and increasing ones sense of well being and happiness.

