



## Transport

Please contact our staff to discuss transport and parking options.

## Access

Lift access to department and disabled toilets available



Outpatient Rehabilitation  
Geelong Private Medical Centre  
Suite 6, Level 2, 73 Little Ryrie Street  
Geelong VIC 3220

Phone: 03 5226 1812 | Fax: 03 5226 1815

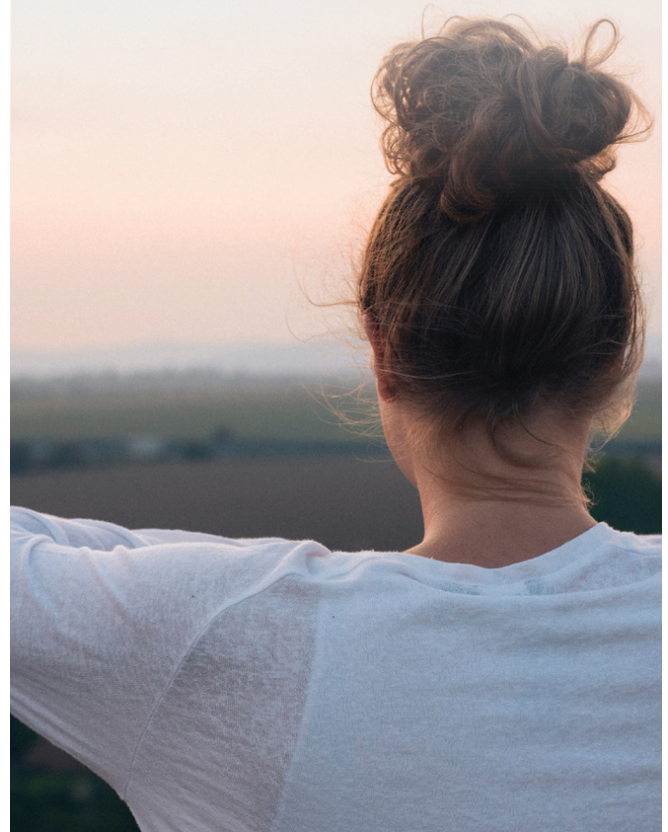
[www.geelongprivatehospital.com.au](http://www.geelongprivatehospital.com.au)



Geelong  
PRIVATE HOSPITAL



## Mindfulness Program



## Minfulness Program

Rehabilitation is the restoration of a person's ability to function as efficiently and independently as his/her condition will permit following illness, injury or accident. We aim to enhance the quality of life of our patients by providing a diverse range of services promoting and supporting physical, mental and social wellbeing.

The Geelong Private Outpatient Mindfulness Program, in conjunction with Pain Matrix, is designed to provide patients suffering from chronic pain with a strategy to more effectively manage their condition.

Mindfulness practice is a form of meditation which research has shown to be successful in minimising the distress and anxiety chronic pain patients often experience and reduce the impact their pain can have on their quality of life.

The practice of Mindfulness allows you to focus your attention on what you are experiencing in the present moment, without judging it. This is very different from the normal experience where we live much of the time "in our heads", often thinking about what has happened in the past or worried about the future, rather than experiencing life in the moment.

Mindfulness practice teaches you to be less disturbed by thoughts, emotions, situations, memories and bodily sensations such as pain. By learning to focus your attention to the present moment, you have the opportunity to be less controlled by your automatic thinking and negative emotions.

You develop the attitude of 'observing' your experience and with that the ability to appreciate every moment of your life.

Research shows that regular and on-going Mindfulness practice enables patients to cope better with their pain, be less fearful of aggravating their symptoms and achieve improved levels of function and well being.

## Program Structure

### Session 1

- Introduction to Mindfulness Based Cognitive Therapy
- Group rules & expectations
- Experience of meditation
- Automatic pilot
- Awareness of breath and breathing meditation

### Session 2

- Body awareness
- Body scan meditation
- Awareness of thoughts, feelings and sensations
- Mindful eating

### Session 3

- Cognitive Behavioural Therapy principles
- Dealing with barriers
- 3 minds
- Pleasant events calendar
- Breathing space

### Session 4

- Mindfulness of thoughts
- Automatic thinking

### Session 4 continued

- Staying present
- Unpleasant events calendar

### Session 5

- Mindfulness with movement
- Gaining insight
- Mindful stretching
- Walking meditation

### Session 6

- Opening to the difficult
- Acceptance
- Letting be

### Session 7

- Thoughts are not facts
- Deeper practice
- Moods, thoughts and alternative view points

### Session 8

- Self efficacy
- Insight dialogue
- Choosing right behaviour
- Resources for further information and support

## A referral from your GP is required Cost

- All referrals are subject to a health fund check prior to commencement of the group
- You will be informed of any out of pocket expenses prior to your initial appointment
- Geelong Private Hospital has agreements with private health funds, DVA, Work Cover and TAC to provide inpatient and outpatient rehabilitation