

HOW CAN I HELP YOU...

Dale Martin is a registered Psychologist with 25 years of clinical experience. He has the following qualifications in Psychology:

- M.Sc.
- Dip of Psychology
- Advanced Diploma in Buddhist Psychotherapy
- Mindfulness Based Stress Reduction Teacher
- Accelerated Experiential Dynamic Psychotherapist
- He is a member of the Australian Pain Society as well as a member of the Australian College of Clinical Psychologists
- Bulk Billing available as well as Medicare rebates if referred by your GP

HOW IS THE STRESS REDUCTION PROGRAMME RUN?

The programme takes place for one session per week for 6-8 weeks. Specific time tables are available on request.

It will compliment whatever medical treatments you may be presently receiving.

It is a way of doing something for yourself that no one else can do for you. Its aim is to assist you in taking better care of yourself, and in getting the most out of living.

The way I put it is that it can be stressful to take the Stress Reduction Programme. But it is also likely to be pleasurable and empowering as well.

LOCATIONS

BRISBANE

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REDUCE STRESS



THE Mindful WAY

Get control
of your stress in
8 Weeks or less



WHAT IS THE MINDFUL WAY OF STRESS REDUCTION?

The "mindful way" of stress reduction is a practice of focus, calm and insight which uses the resources and wisdom of our body and mind to learn how to cope effectively with stress.

By becoming "mindful" that is, deeply aware, of whatever the present moment may hold, we free ourselves to engage more effectively in our life.

Practicing "mindful" techniques allows us to become aware of our habitual patterns or reactions, as well as to become more deeply in tune with our reservoir of peacefulness that resides in each of us.

"Mindful" techniques are based on a form of meditation called "mindful meditation". Scientific evidence now supports the effects of the mind-body connection on states of health and disease.

HOW DOES IT HELP WITH STRESS?

In the early 1970's cardiology researcher, Herbert Benson at Harvard described a set of calming physiological reactions, "the relaxation response" associated with meditation practice.



WHAT OTHER CONDITIONS CAN IT HELP?

Mindfulness Based Stress Reduction programmes have been used to help people with the following conditions: Chronic pain, High Blood Pressure, Anxiety and Panic, Cancer, Psoriasis, Heart Disease and Headaches.



WHAT WILL I GET OUT OF THE STRESS REDUCTION PROGRAMME?

Most people report lasting decreases in both physical and psychological symptoms. Pain levels also improve and people learn to cope better with pain that may not go away.

The majority report an increased ability to relax, greater energy and enthusiasm for life, improved self esteem and an increased ability to cope more effectively with both short term and long term stressful situations.

You may find a profound change in your relationship to the events or circumstances that stress you. You, may find that you feel more focused and centered and more effective in living your life. You may experience a deep appreciation for the value and meaning of your life.