



The Victoria Clinic

324 Malvern Road,
Prahran VIC 3181

Phone: 03 9526 0200 | Fax: 03 9526 0222

www.thevictoriaclinic.com.au

A Healthscope hospital.

ABN 85 006 405 152



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The Victoria Clinic

Creative Mindfulness

Outpatient Program



Mindfulness can be defined as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally” (Kabat-Zinn, 1990). By fostering this awareness with an accepting attitude, this in turn leads to a greater understanding of one’s emotions and our internal world. Once we have more awareness of our internal experience, we can use this information to guide us in managing our mood and related behaviours.

Therapies based in mindfulness have been well-documented to show a reduction in mental health symptomatology, a reduction in impulsive and/or unhelpful behaviours, and an improvement in well-being and quality of life.

Our intention with this program is to teach Mindfulness in a way which is accessible for everyone. The program will be facilitated by both a Psychologist and an Art Therapist, and will incorporate art therapy and other experiential techniques to explore these concepts.

Aims

The Creative Mindfulness program is designed for participants to learn and experience the concepts of mindfulness.

Content

This program will cover both the theoretical and practical aspects of mindfulness. It will do this through exploratory discussions, experiential exercises and via the creative process of art-making.

Structure

This program has a 12 week cycle.

When

This group runs on a Wednesday and is a full day.

