"Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in"
- LEONARD COHEN -
Creative Counsel
Counselling, Coaching & Psychotherapy

Creative Counsel

COUNSELLING, COACHING & PSYCHOTHERAPY

Is your life your greatest work of art?

Creative Counsel is a counselling, coaching and psychotherapy practice.

We create a place for you to work through personal and professional issues, find clarity, gain insight and make new choices that awaken and inspire.

We work creatively and with compassion. We offer confidentiality, understanding and acceptance.

Creative Counsel brings together the independent practices of Katrina Berg-Howard, Siobhan Hannan, Sal Flynn and Anne Lambert each of whom offers a unique approach to therapy.

Visit our web site at www.creativecounsel.com.au or call us on 1300 96 99 29 to make a new start.

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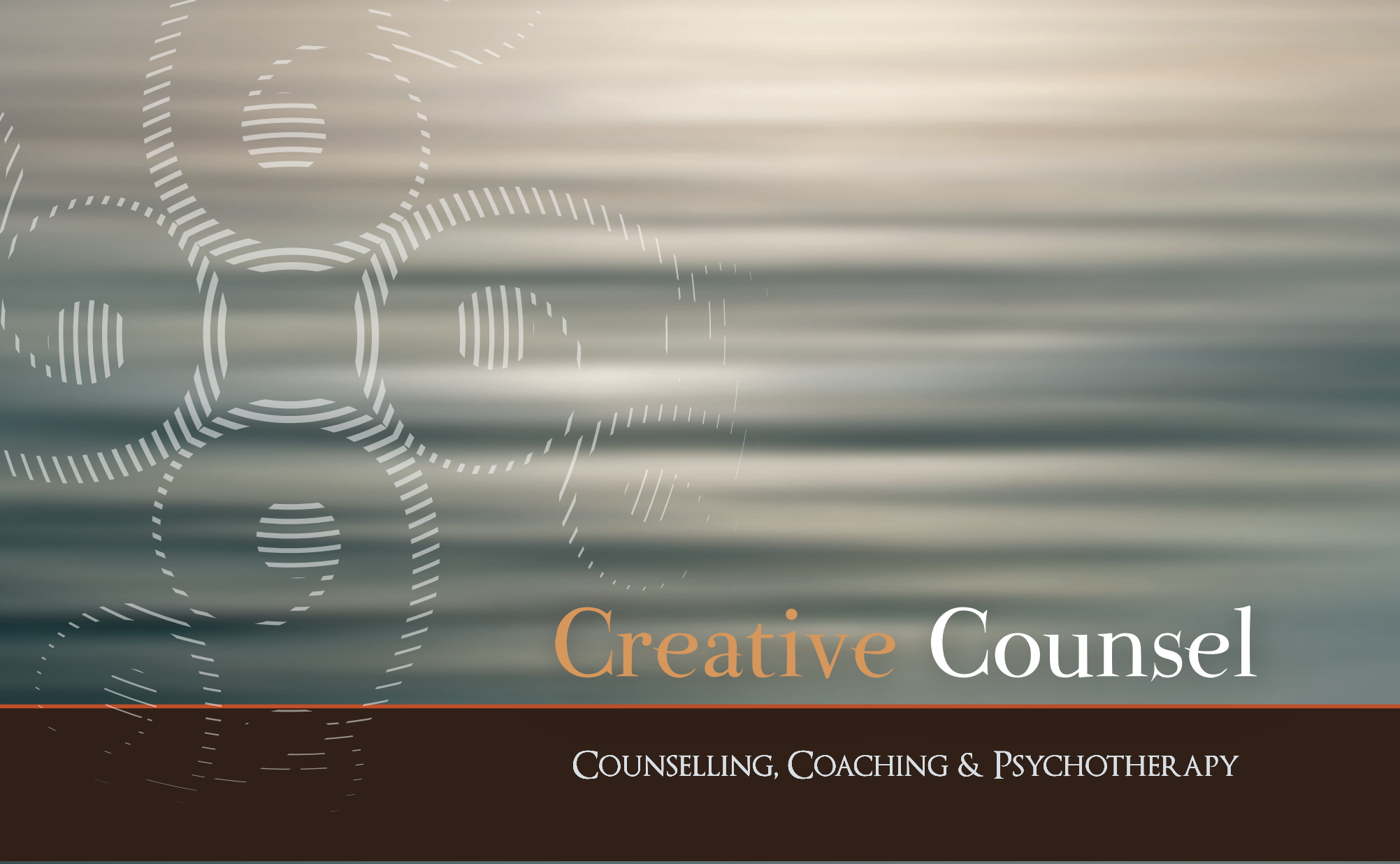
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Sal Flynn

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Has your inner calm gone walkabout...?

Managing the Madness

- MINDFULNESS MEDITATION -

six week program

Creative Counsel offers a six week Mindfulness Meditation course called **Managing the Madness**, a highly practical and experiential programme, that will help you reconnect with your inner balance and peace of mind.

Managing the Madness *draws from a number of traditions and practices including the Mindfulness-Based Stress Reduction (MBSR) model developed by Jon Kabat-Zinn for the University of Massachusetts Medical School and the Center for Mindfulness in Medicine, Healthcare and Society (UMass).*

Participants learn simple yet powerful techniques to:

- gain a new perspective on stressful situations
- breathing techniques for relaxation, clarity and calm
- build skills to manage stress
- reduce negative emotions
- recognise habitual thinking patterns
- consciously respond rather than react
- integrate mindfulness practices into every day life for ongoing relaxation, improved self esteem and resilience.

"Mindfulness is: paying attention, on purpose, in a particular way, in the present moment, with non-judging awareness"

- JON KABAT-ZINN -

Research studies show meditation can effectively reduce negative symptoms of stress such as chronic pain, lack of concentration, anxiety and depression. Meditation isn't a replacement for traditional medical treatment but it can be a useful complement to other treatment.

All of us experience moments of being overloaded, distracted or switching onto "automatic pilot". We catch ourselves behaving mechanically as though the body is doing one thing and the mind is "somewhere else".

When we experience ongoing stress, we can become saturated by our thoughts and our body reacts with an automatic "fight or flight" stress response. While this might be helpful in cases of extreme danger, if we remain in this agitated state for a prolonged time it can cause physical and emotional harm.

Meditation has an opposite and balancing affect to the stress response, restoring the nervous system to calm, allowing the bodymind to repair itself.

Mindfulness practice is not "switching off" the mind. Rather, it means being aware of whatever passes through the senses and the mind without judgement eg *sounds, sights, smells, body sensations, thoughts, feelings and images.*

Regular practice trains us to be present for all the moments of our daily lives with less stress and a greater sense of peace.

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Counselling, Coaching & Psychotherapy

"No problem can be solved from the same consciousness that created it"

- ALBERT EINSTEIN -

Managing the Madness

Return the manic mind to a graceful state of calm.

Course content includes:

- 6 x 2hr sessions supported by two experienced facilitators.
- pre-program interview and orientation
- guided instructions in mindfulness meditation practices including breathing techniques, gentle yoga and stretching, relaxation and awareness exercises
- group discussions
- weekly homework – 30 minutes practice per day is required
- four home practice CDs
- coursebook

SAL FLYNN

KATRINA BERG-HOWARD

Managing the Madness is conducted by **Sal Flynn** - counsellor, yoga therapist and meditation teacher and **Katrina Berg-Howard** - counsellor and pyschotherapist. Sal and Katrina are part of **Creative Counsel,** a co-operative counselling, coaching and psychotherapy practice.

For more information about Sal Flynn, Katrina Berg-Howard and **Creative Counsel** visit www.creativecounsel.com.au

Bookings are essential. Group numbers are limited to enhance maximum learning and interactions. Please call, email or check our website for upcoming course dates and locations.

To register your interest or more information, contact:

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KATRINA BERG-HOWARD katrina@creativecounsel.com.au

Phone: 1300 96 99 29 or 0412 922 642

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Have you lost that loving feeling?

Find it again with Relationship Bootcamp

a 6 step personal couples coaching program to

get your relationship back on track.

Creative Counsel
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Our 6 session package of personalised relationship coaching will give you what you need to:

- Rediscover each other
- Communicate more effectively
- Reclaim individuality within the relationship
- Solve problems creatively
- Enjoy deeper intimacy and emotional expression
- Raise self awareness

To get your first session underway and make your next anniversary the best ever call: 1300 96 99 29
email: info@creativecounsel.com.au or go to www.creativecounsel.com.au

For more information on individual counselling and our other courses see www.creativecounsel.com.au *or phone* 1300 96 99 29