



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## MANAGING EMOTIONS A FOCUS ON ANXIETY & DEPRESSION

Through learning skills drawn from CBT (Cognitive Behaviour Therapy), ACT (Acceptance Commitment Therapy), and Mindfulness, this group aims to target the negative affects of depression and anxiety and find more helpful ways to deal with challenging emotions.

Cognitive Behaviour Therapy (CBT) skills will focus on replacing the intrusive thoughts which are making your life harder, with more helpful ways of thinking. Mindfulness approaches will teach you breathing, body scan and relaxation techniques as well as thinking styles which focus more on the present. Acceptance Commitment Therapy (ACT) will support you to accept what needs to be 'made room for' while learning to minimise the negative impact of unhelpful thoughts, and strengthen that which motivates you to have a better life.

This group will be co-facilitated with Karen Barnett (Dip Counselling, SM NZCCA).

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Tuesday, 5th February to 19th March
- TIME** 6:30pm - 8:30pm (7 sessions)
- VENUE** Hearts & Minds Hub,  
65 Pearn Crescent, Northcote
- COST** \$100

### FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for up to 2 groups per term).



### ABOUT JULIE WALKER

*BHSC Hons 1st Class - Psych, Post Grad Dip  
Counselling, MNZCCA*

I am a qualified Counsellor and I hold a BHS in Psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. My key areas of therapeutic interest lie with those experiencing anxiety, stress, depression, or loss, and I have a particular interest in the helpfulness of group work for these concerns.

The modalities I use for therapy are varied, and include CBT, narrative therapy, person-centred therapy, mindfulness, DBT and ACT.

### SUPPORTED BY KAREN BARBETT

*Dip Counselling, SM NZCCA*



I have a passion for the community sector, gaining a Certificate in Community Work from AUT and more recently shifting my focus to the therapeutic field. I recently completed a Diploma in Counselling with distinction, and am now in the final stages of completing a Bachelor of Counselling.

**For more information and registration, please contact  
Hearts & Minds**

**PHONE** 09 441 8989

**E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

**WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

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