Inclusion Criteria

WHAT IS INVOLVED

RENEUERATION

and conditional.

About MCBT

Therapy (MCBT)

This project is investigating a Mindfulness Integrated Cognitive Behavioural Therapy (MIBT)
THE MiCBT RESEARCHERS

Principal researcher
Dr Frances Shawyer
BSc (Hons), PhD, MAPS, MCCLP

Co-researcher
Dr Bruno Cayoun
D.Psych(Clin), MAPS

Student researcher
Sarah Francis
MPsych, MA, BEd, MAPS

Sarah Francis is an experienced registered psychologist trained in MiCBT who has been working with this approach for over 6 years. She has researched the efficacy of MiCBT in a pilot study in her private practice.

PARTICIPATE WITH US

Participation in this project is entirely voluntary. There is no direct cost to you, and you will receive this therapy program free of charge.

Your treating doctor or healthcare professional can organise a referral for you.

For more information please contact
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This is a PhD research project being conducted through the Department of Psychiatry, Faculty of Medicine, Nursing and Health Sciences at Monash University. Approval to conduct the project has been granted by the Monash University Human Research Ethics Committee.