



“Mindfulness enables us to put stressful situations into perspective, see the bigger picture and to experience parts of our lives that are whole, intact and which have the capacity to bring us great joy...”

What I have personally found most rewarding about mindfulness education is that its practices are taught in such a way that they are

easily layered into our busy lives long after we complete the programme. In fact, once we experience the considerable peace of mind and lifestyle benefits it becomes easy to embrace mindfulness as life-long tools...”

Alison Keane
MSSC BBus Dip IYTA

Alison Keane is a Brisbane mindfulness educator and family therapist.

In 2007, she travelled to the United States to study and experience Mindfulness-Based Stress Reduction (MBSR) under the direction of Dr Jon Kabat-Zinn, founder of MBSR, and founding teacher of Oasis an international learning centre for clinicians, researchers and educators engaging in mindfulness-based approaches and interventions.

Alison's long-term commitment to understanding the psycho-physical nature of anxiety, stress and other issues that overwhelm people in today's world is complemented by her experience as a family therapist of more than 15 years. She has also worked as a remedial yoga instructor working in mental health, the school system and within the corporate world.

Her experience as a professional facilitator of mindfulness education is informed by a personal meditation practice and application within her work of solution-focused narrative therapy, family systems theory and humanistic psychology.

Through programmes like MBSR and other mindfulness education Alison inspires people to embrace and integrate healthy and enduring daily practices to live more satisfying and full lives.



ALISON KEANE
educating in mindfulness

Programmes & Counselling Services:

MBSR Weekend Programme
(three morning sessions & one full day session over six weeks)

'A Taste of Mindfulness' – an introduction to MBSR (weekend half day)

Private sessions & long distance mindfulness courses

'Breathing Space' – a mindfulness programme for secondary colleges & schools to assist senior students in managing exam and life stresses

Solution-Focused Brief Therapy (SFBT)

Mindfulness as a Self-Help and Support Strategy for Health Care Workers

Hatha Yoga for Health and Well-Being

Meditation, Mindfulness & Relaxation
CDs & Downloads

**For more information visit
www.alisonkeane.com.au**

Mindfulness education programmes including MBSR are not designed to replace current medical care. If you are experiencing a serious health condition, and are interested in taking more responsibility for your health and well-being by participating in a programme like MBSR, it is important to consult your doctor or health care practitioner.

Imagine what it would be like to...

dramatically improve your ability to handle stressful situations

develop a deep appreciation of life itself

strengthen your body and effortlessly let go of muscular tension

find balance and peace of mind in intimate and work relationships

take responsibility for improving your health and well-being

AND

face change and difficult times in your life with greater ease



ALISON KEANE
educating in mindfulness

*Have you ever wondered
what it would be like to stay calm
and balanced no matter what
turns up along your life journey?*

*...to dramatically improve
your ability to handle stress?*

Mindfulness is about being 'present' to each new moment as it happens...pleasurable moments, fun times, even tough times. When we're able to do this naturally and effortlessly, stressful situations are less likely to overwhelm us. We may also develop a deeper appreciation of life itself, and a richer experience of moments of joy, laughter and connection with loved ones.

Alison Keane Educating in mindfulness is one of more than 270 centres worldwide teaching Mindfulness-Based Stress Reduction (MBSR).

MBSR was developed by molecular biologist Dr Jon Kabat-Zinn at the University of Massachusetts' Medical Center Stress Reduction Clinic in 1979. Dr Kabat-Zinn is the author of the acclaimed book, *'Full Catastrophe Living'*, which is about using mindfulness techniques to take a more active role in personal health, happiness and well-being.

AKEM's Mindfulness programmes including MBSR teach powerful methods such as meditation, gentle yoga and body awareness practices, even mindful eating, within a supportive educational workshop format.

You don't have to practise yoga or be a regular meditator to experience the peace of mind and well-being of mindfulness! In fact many participants have never meditated before.

There are now more than one thousand research studies on MBSR worldwide in peer-reviewed journals showing it can improve immune function and reduce chronic pain, anxiety, depression, excessive stress, serum cholesterol levels and blood pressure. Research also shows that mindfulness education such as MBSR can change the way emotions are regulated in the pre-frontal cortex, affecting the way we feel and think.*

Mindfulness Education programmes like MBSR have assisted people experiencing:

- stress
- chronic pain
- cancer
- heart disease
- anxiety
- insomnia
- migraines
- unwanted weight gain

*"Mindfulness is the direct opposite
of taking life for granted."*

Jon Kabat-Zinn

How will I benefit from Mindfulness Education?

Anyone experiencing stress, chronic pain or uncomfortable levels of anxiety may benefit from a mindfulness education programme. Mindfulness may assist people who are experiencing mild to moderate depression, spiritual emptiness or a difficult life transition such as relationship breakdown. Its powerful techniques have also been shown to assist care-givers - people who look after chronically or terminally ill family members or friends.

Research over more than two decades indicates that the majority of participants who engage fully in MBSR programmes report benefits such as:

- an increased ability to relax
- an improved capacity to cope with pain that may not go away
- more enthusiasm and heightened energy levels
- elevated self-esteem
- the ability to cope more effectively with stressful situations in the short and long term

How do I enrol?

Once you decide that you may be interested in participating in a mindfulness education programme like Mindfulness-Based Stress Reduction (MBSR) go to web site www.alisonkeane.com.au and download the booking form. Or you can email info@alisonkeane.com.au or call (07) 3311 2678 and a booking form will be sent to you by electronic mail or post. Once you have completed the form you will be contacted to arrange a short telephone intake interview.

What can I Expect?

Mindfulness education programmes typically involve formal and informal meditation practices, gentle movement including yoga and somatic or body awareness exercises. It is not essential to have experience in meditation or yoga. However the programmes do demand determination and commitment. Participants are encouraged to practise at home. In each session participants will experience a learning environment that is affirming and supportive.

What will I notice?

Within a session or two, perhaps even after the very first meeting, you may experience a noticeable improvement in your frame of mind, your mood and perhaps your overall well-being. There may also, depending on your health and circumstances, be a decrease in physical discomfort, or in your stress levels. Past participants have noted that feelings of 'life being out of control' or 'living on auto pilot' seem to drop away, and there is a renewed sense of calm, enthusiasm and energy.

To find out more...

**Call 07 3311 2678 or 0402 795 796 or
Email info@alisonkeane.com.au or
Visit www.alisonkeane.com.au**

**For those who cannot attend one of AKEM's Brisbane
mindfulness programmes, private sessions and a long
distance telephone course are also available.**

*The Power of Paying Attention: What Jon Kabat-Zinn Has Against Spirituality in Psychotherapy Networker (Nov/Dec 2004). For more info visit www.umassmed.edu/cfm/index.aspx