

MITCH HART – CLINICAL PSYCHOLOGIST
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ENQUIRIES/ APPOINTMENTS 0405 007 002

Professional Psychological Services
B.A. (Hons) M.Psych (Clinical)
Grad.Dip.Bus (Man)

Member of The Australian Psychological Society
Registered Clinical Psychologist
ABN: 69 410 774 722

Therapy Skills Interest Group with a Mindfulness, ACT and Schema focus

Acceptance and Commitment Therapy (ACT), interest orientated network (**ACTion**) is a supportive group of therapists committed to improving their therapy skills, with about 15-20 people attending each meeting in 2013 who are interested in Mindfulness, ACT and Schema Therapies. Attendance at the group meets APS professional development (PD) criteria. The group has met monthly since May 2011 at the St John of God Hospital Subiaco, Conference Centre Function Room.

Dates: Remaining 2014 Thursdays 3.30-5.30pm on: **24/7/2014, 21/8/2014, 18/9/2014, 16/10/2014 and 13/11/2014**

General Format: The meetings are 2 hours duration with the following structure:

- Discussion of a “chapter/article of the month” which is emailed to you
- Small group Case presentations and discussions
- Review of ACT and similar model video segments of therapy sessions
- Intervention demonstrations and participant practice opportunities.
- Liaison and meeting other colleagues with similar therapy interests from a variety of work settings.



Facilitator: Mitch Hart – Clinical Psychologist, Facilitator: Mitch qualified as a Clinical Psychologist in 1986 and has over 25 years of clinical experience working in a range of mental health settings and private practice. Over this time period he has received advanced level training in Schema Therapy, Acceptance and Commitment Therapy and Mindfulness from international and national experts in the field. Mitch currently works as a Clinical Psychologist in private practice, as well as providing supervision and training to students and colleagues. He is regularly invited to conduct ACT workshops for a range of agencies. In 2011 his workshops and supervision was peer reviewed by the international Association for Contextual Behavioural Science and he was formally recognised as an ACT trainer (one of 5 trainers in Australia). Further information regarding specialisation and interests can be found at <http://icp.org.au/index.php/profile/-/view/88/>

Location: St John of God Hospital Subiaco car parking is available via the McCourt Street entrance or 12 Salvado Road. The Subiaco railway station is a short walk from the complex. The conference centre is located on Level 3 of the Subiaco Clinic section of the hospital.

2014 Fees for mid-year intake: 5 Meetings x \$44 = **\$220 total cost** (inc. GST). ACTion is excellent value for your PD money, costing \$20 per hour! This is less than half the cost of an average workshop cost per hour of \$45-\$50. Therefore if you have to miss an occasional session across the year you are still getting good PD value.

Payment Method by EFT (preferred) and Credit Card:

Bank: Bankwest, BSB: **306-127**, Account number: **0044418**

(If paying by internet banking, please send a confirmation email remittance advice to mhartadmin@optusnet.com.au).

Credit card payments can be made by contacting Leissa, the practice manager, on Mb. **0405 007 002**.

Expressions of Interest and enquiries: mhart@iinet.net.au