



Emotion Efficacy Therapy Group

Mullumbimby Psychology is running an Emotion Efficacy Therapy Group for adults of all ages who would like to learn about and gain experience in skills that enable you to be more powerful in how you respond to your emotions.

The Group is based on an evidence-based manualised program, and tailored toward the specific needs of the participants. Each individual will have an intake assessment before the program starts to assess suitability and discuss learning goals.

The Group aims to teach skills required for learning to respond to your emotions, including:

- Watching your emotions, rather than being overwhelmed or controlled by them.
- Experiencing difficult emotions instead of feeling like you have to run away from them.
- Recognising the “moment of choice”.
- Identifying your core values—how you want to show up, even when you’re emotionally triggered and upset.
- Acting on your values in the moment of choice.
- Practising new strategies to dial down your emotions, even when they are very intense.

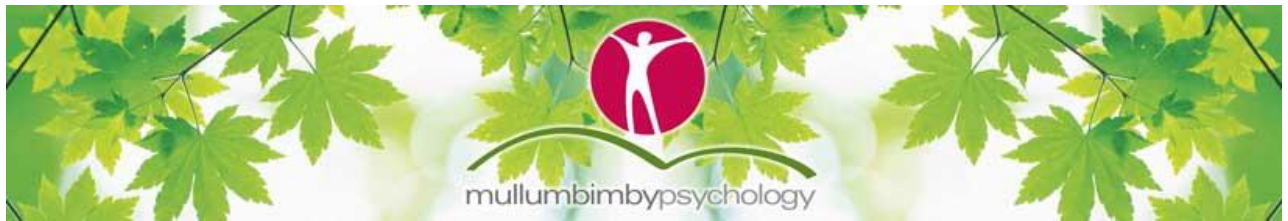
Dates: The next 4-week program will commence on Monday 12th October 2020 from 5.30pm – 7.30pm, and will run weekly until Monday 2nd November.

Location: Mullumbimby Psychology, The Maslow Centre, 113 Stuart Street, Mullumbimby.

Cost: \$80 for the four-week program. Upfront payment is required.

Referral: Individuals can enrol directly by contacting the Mullumbimby Psychology on (02) 6684 4748 or email support@mullumbimbypsychology.com.au . No GP referrals required.

The Group will be facilitated by registered Provisional Psychologists, Linda Janssen and Libby Tooth, who are completing their final year of internship with Mullumbimby Psychology through Bond University.



Linda Janssen is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. Linda, a mum and grandmother to six, has a wealth of life experience working within health settings having first a nursing background and currently practicing in a provisional psychologist role. She has developed ability to provide psychological services including Cognitive Behavioural Therapy for the treatment of depression, and anxiety, and Solution-Focused Brief Therapy for both adults and children. She also has developed expertise in personal development issues such as self-esteem, assertiveness, assisting children and adults to develop interpersonal social skills, and supporting women in vulnerable health situations, guiding them to find their own strength and resilience under difficult situations. Linda has a strong interest in Health Psychology.

Libby Tooth is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. She has a passion for working with families and individuals, with a background in youth homelessness service provision, foster care and children's residential care. Libby has a strength based, holistic and client-focused approach and is skilled in trauma-informed care and current evidence-based therapies. She has specialised training in Evidence-based Emotional Freedom Techniques (EFT) and Bringing Up Great Kids parenting program. Libby strongly believes in empowering individuals to learn or develop the skills necessary to enable them to help themselves, and has a respectful understanding of each individual's journey.