

Mindfulness-integrated Cognitive Behaviour Therapy: Building resilience and coping skills for Carers

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The aim of the presentation is to outline and reflect on the outcomes of an innovative program which Carers Tasmania has introduced for Carers who have experienced stress, anxiety or depression. This program is highly beneficial as it assists Carers to break the cycle of chronic worrying, anxiety and depression which can develop due to the demands of the caring role.

MiCBT enables Carers to manage stress and improve well-being at the emotional, mental and physical levels. It focuses on teaching coping skills and ways to build resilience by managing unhelpful thoughts and behaviours, and to regulate painful emotions effectively.

Carers who have completed the course report significant improvements in coping abilities and general health and well-being. These improvements are able to be developed relatively quickly, and are sustained over time. This is substantiated by the evidence gathered to measure the effectiveness of the training. Carers are calmer, more confident in their daily lives and more hopeful about the future. This enhances the quality of life of both the carer and the care recipient.

The skills acquired in MiCBT training foster a new sense of self-confidence, enriching carers' lives which enhances their social participation.

Key Words

Carers, stress, recovery, hope.