



## Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)

### Building resilience and coping skills for Carers

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## “The Wellbeing of Australians – Carer Health and Wellbeing”

### Significant findings:

- Carers have the lowest collective wellbeing of any group yet discovered
- More than one third of Carers were severely or extremely severely depressed (56% have a rating consistent with at least moderate depression).



## “The Wellbeing of Australians – Carer Health and Wellbeing”

### Significant findings continued:

- Caring could be one of the leading causes of depression in Australia.
- Caring compounds the effect of any other variable that leads to reduced wellbeing.
- The presence of a person in the household who requires care severely compromises the wellbeing of other family members, whether they have primary Carer responsibility or not.

## Neuroplasticity: Accounting for Change

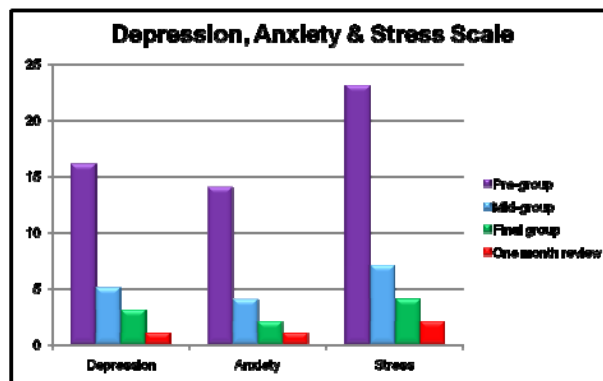
- Neuroplasticity
  - Definition
    - “The capacity of neurons to adapt to a changed environment” (Fitzgerald & Folan-Curran, 2002)

## Mechanisms of Action and Definition

- Awareness and equanimity as core mechanisms.
- Usual meaning of equanimity;
  - Balance, equipoise, composure, calmness, level-headedness, and self control.
- In the mindfulness context:
  - “The ability to remain unperturbed by an event experienced within the framework of one’s body and thoughts as a result of objective observation. Therefore equanimity relies on awareness of one’s thoughts and somatic sensations” (Cayoun, 2003).

## Outcomes of Program

### Group Average



## **MiCBT - Building resilience and coping skills for Carers**



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