
Introductory workshop for Medical & Mental Health Practitioners

Stillness Meditation Therapy (S.M.T.™) with Pauline McKinnon The natural management of anxiety, stress and depression

This proven, therapeutic modality is physiologically based, originated by the eminent psychiatrist Dr Ainslie Meares in the 1950's. S.M.T. is not related to any other form of meditation or to any culture, religion or philosophy. Using an innate mechanism, SMT lowers anxiety levels and brings relief from distressing symptoms naturally. It has assisted thousands of people overcome their anxiety and fears and return to a normal life. The workshop will provide therapists with an understanding of the theory and principles of Dr Meares work, and how it can assist their clients.

- Date:** Monday 4 June 2012
Time: 6.30 - 8.30pm
Location: Stillness Meditation Therapy Centre
146 - 148 Harp Road, Kew
Cost: \$75 pp (payment required at the time of booking)
Bookings: 9817 2933
Limited spaces available; bookings not transferred or refunded

Pauline McKinnon is an author, psychotherapist, family therapist and leader in the field of meditation teaching. She has over 30 years personal and professional experience in the treatment of anxiety. Pauline pioneered today's public awareness of anxiety disorders after publishing her own story of recovery, "In Stillness conquer Fear". Acknowledged by Dr Ainslie Meares as an exponent of Stillness Meditation Therapy, she established her practice in 1983 and has assisted countless of people since then to find relief from stress and anxiety. Her more recent book "Living calm in a busy world" is a contemporary commentary on the uniqueness of Dr Meares work and its distinctive difference from other forms of meditation.



"I refer patients to this service and observe that this work brings notable improvement to people's lives. It is in the interest of community health ... and I support and recommend this service."

Dr David Morawetz Clinical and Counselling Psychologist

"Very simple, I have found the best tool for overcoming my panic attacks ... meditative stillness. My life now also has clarity and balance."

Alan Fenner, Senior Sales Manager



APS Endorsed Activity
Stillness Meditation Therapy (S.M.T.™)
Introductory Workshops
2 CPD Hours
Code: 11-339
Valid To: 27 June 2012