

# 6 week course for same sex-attracted men

Help to overcome self-criticism and body shame



## Body Image and Wellbeing

### > When:

6.00pm Wednesday evenings  
25th Oct – 29th Nov, 2017

### > Where:

329 Bank Street, South Melbourne

Many people are anxious about how their bodies look. For some, this has become a pre-occupation with trying to conform to idealised representations of leanness and muscularity, which can lead to a vicious cycle of body criticism, rigid adherence to exercise, diets, and workouts, negative self-judgements, and fragile self-esteem. This six week course aims to help you overcome this pattern of psychological distress and find more enduring habits of self-esteem and wellbeing.

**Course cost: \$429\***  
for 6x1.5 hour sessions

*(\*a Medicare rebate of up to \$189 applies if eligible)*

### About the facilitators:

The course will be convened by Psychologists Rebecca Wickham and John Singleton. Rebecca and John have professional and research interests in body image and mindfulness practice. Participants with a Mental Health Care Plan and GP referral may be eligible for Medicare rebate.

### The course aims to:

- > Provide a model for understanding and managing self-criticism and body shame
- > Introduce ways to foster a mindful, compassion-based stance towards your body and your self
- > Give practical tools for dealing with difficult emotions
- > Learn new ways of coping that free you from rigid rules and compulsive behaviours
- > Provide a safe and supportive space to explore shared experiences/struggles