

# Mindful Resilience

mindfulresilience.co.uk

We support clients with a range of trauma related issues and clients experiencing challenges in all aspects of early recovery. We specialise in treating Post-Traumatic Stress Disorder, Complex PTSD, Developmental Trauma Disorder, Phobia, Chronic Pain, Anxiety, Addiction Relapse and Early Recovery.



## → Eye Movement Desensitization and Reprocessing (EMDR):

- Trauma assessment.
- One to one, weekly EMDR.
- Weekend EMDR intensives - 4 hours (8 total) Saturday & Sunday - including Trauma Focused Yoga, Mindful practice and Positive Resource installation.
- Clients friendly group assessments – where appropriate in regard to focussed trauma.
- Home visits, client centred EMDR treatment plans.

## → Trauma Focused Yoga (TFY):

- One to one and in groups.
- Introductory eight-week course – weekly groups, up to three participants.
- Home visits, where appropriate, client centred treatment plans.

## → Mindfulness:

- One to one and in groups.
- Mindfulness Based Relapse Prevention – eight-week structured program, for clients in early recovery or having recently completed treatment, integrating core aspects of relapse prevention with mindfulness practices.
- Mindfulness Based Cognitive Therapy – eight-week course specially designed to address vulnerabilities to depressive relapse for individuals with recurrent low mood and depressive disorders, combining cognitive approaches and traditional mindfulness practices.

## → Biofeedback:

- One to one, twelve-week course.
- Ongoing heart rate variance measurement (HRV) and sleep monitoring.
- HRV measurement analysis, ongoing support and feedback
- Introduction to various exercises and practices, including, deep breathing, progressive muscle relaxation, guided imagery and Mindfulness practice, including body and balance exercises.
- Ongoing digital support.

## → Addiction Early Recovery Support:

- 28-day group program, designed for clients in early recovery or having recently completed treatment – maximum five participants. Daily introduction to Mindfulness and Focussed Yoga practice. Clients commit to daily 12 step meeting attendance, home meditation practice, reading program and written accountability.

## → Microbiotic and Genetic feedback:

- Comprehensive, clinical microbiome testing, including GI-MAP, GI Effects, Healthpath and Biovis Gut Testing, offering a window into the unique environment and ecosystem within the gut.
- Test result analysis, ongoing support and gastrointestinal system advice.
- Clinical genetic testing - next generation whole genome sequencing, high integrity patented chip arrays.
- Mental health genetic profile.
- Personalised and effective support plans, improving brain and neurotransmitter function and, therefore, mental health overall.

For more information, please contact:



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