



Curtin University

# VOLUNTEERS WANTED MINDFULNESS IN PARKINSON'S

Do you have Parkinson's and experience problems with low mood or stress?  
Are you interested in participating in a study to see if a psychological treatment based on meditation principles ("Mindfulness Based Cognitive Therapy", also known as mindfulness) is an effective treatment for mood problems and stress in people with Parkinson's?

Ethics Approval Number: HR217/2015

## What it involves:

- Initial assessment at the Curtin University Psychology Clinic
- Assessment of motor symptoms at Fremantle Hospital
- An 8-week mindfulness based cognitive therapy (MBCT) program or an 8-week supportive group program
- Sessions run for 2 hours per week at Curtin University Psychology Clinic over 8 consecutive weeks.

## For more information contact:

**Caitlin Timms**

Mob: 0411 051 761

Email: [Caitlin.timms@postgrad.curtin.edu.au](mailto:Caitlin.timms@postgrad.curtin.edu.au)

Make tomorrow better.

[healthsciences.curtin.edu.au](http://healthsciences.curtin.edu.au)