Craig Mackie, BA, MA, MSW, RSW

Craig Mackie has a BA in developmental psychology, MA in philosophy and a Masters of Social Work. He has worked in therapeutic recreation, mental health and social services for over 10 years. He is a certified Transformative Mindfulness practitioner, 16 Guidelines international facilitator trainer and has taken multiple trainings in clinical and mindfulness modalities. Currently he teaches in the Applied Mindfulness Meditation program at the University of Toronto and is the Director of Essential Change. He now practices with the Ottawa Mindfulness Clinic, specializing in Youth, Adult and Parenting mindfulness groups and individual programs. Craig practices psychotherapy as sanctioned by Ontario College of Social Workers.

Watch your thoughts for they become words,
watch your words for they become actions,
watch your actions, for they become habits,
watch your habits for they become your character,
watch your character for it becomes your destiny.

-Yaruba proverb

For appointments:
(613) 316-9181
craig@essentialchange.net
www.essentialchange.net

Offices located at:
Ottawa Mindfulness Clinic
595 Montreal Rd
Ottawa, ON

essential change

• Psychotherapy
• Group Therapy
• Mindful Parenting
• Consulting
• Workshops

Transformative Mindfulness
For Adults

If everything is changing, anything is possible.

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**Transformative Mindfulness**

Transformative Mindfulness Methods (TMM) is a self-healing technique that everyone can learn in order to heal the mind and body. TMM teaches the basic tools to nurture a calm, non-judgmental mind that can then be used to transform deeply held beliefs, thoughts, feelings, emotions, habits, insecurities or trauma.

TMM can also help strengthen one’s most positive qualities or introduce new qualities that will help move through suffering.

- Heal persistent psychological and physical challenges
- Explore the body through guided visualization
- Draw, write, explore various expressive healing tools

**16 Guidelines**

The 16G have been used in schools, offices, therapeutic settings and the corporate world to bring about personal and cultural change. They help individuals and groups heal and shape how they:

**Think:**
- Humility
- Patience
- Contentment
- Delight

**Act:**
- Kindness
- Honesty
- Generosity
- Right Speech

**Relate:**
- Respect
- Forgiveness
- Gratitude
- Loyalty

**Create Meaning:**
- Aspiration
- Principles
- Service
- Courage

See: www.16guidelines.org

**Services**

**Transformative Mindfulness**

*Individual psychotherapy*

4-8 weeks to learn all the TMM tools, with follow up as needed:

- Body Scan
- Transforming Problems
- Transforming Inner Conflict
- Enhancing Positive Qualities

**Mindful Parenting**

8 week group combining Transformative Mindfulness and 16 Guidelines with one full day immersion:

- Build Resilience and Social-Emotional Skills
- Use 16 Guidelines to build personal and family values
- Address day-to-day parenting challenges

**16 Guidelines**

*Group Practice*

8 week group, with individual follow up as needed:

- Learn 4 Wisdom Themes
- Experience each of the 16 Guidelines
- Transforming Problems with the 16 Guidelines
- Enhancing Positive Qualities

Please inquire about insurance claims and fee scale. Adult psychotherapy is supervised by a clinical psychologist and can qualify for some insurance claims.