

Mindfulness-Based Cognitive Therapy (MBCT)

is an innovative proven program designed to prevent relapse into clinical depression. Based on the research of Drs. Zindel Segal, Mark Williams, and John Teasdale and documented in their book *Mindfulness-Based Cognitive Therapy for Depression*, the program combines tools of cognitive therapy with the practice and clinical application of mindfulness meditation.

THE FOCUS OF THE PROGRAM

As clients who suffer from depression and anxiety improve and no longer need ongoing therapy, there is still a need for specific psycho-educational tools for understanding the cause of relapse and for the maintenance of good mental health.

The focus of this program is the utilization of mindful (relaxed and focused) attention as an alternative to a ruminative and worrying thought process. Research clearly indicated that worrying, looping and over-thinking amplify and aggravate the hallmarks for depression: feelings of worthlessness, guilt, global negativism, perfectionism, self-condemnation, and intense fear of the future.

Through instruction and practice you will systematically learn skills that will enhance your ability to recognize and cope more effectively with stressful thought patterns, situations and triggers.

WHAT YOU WILL LEARN

MBCT teaches skills and concepts didactically, experientially and through discussion. You will learn:

- how to recognize "**automatic pilot**" thinking and ways to interrupt habitual thought patterns.
- how to pay attention in a particular way, mindfully and non-judgmentally.
- how to have a choice to **respond** rather than **react** to people, events and thoughts.
- how to step-back from ruminative thinking and worry.
- how to be with /hold uncomfortable feelings without getting overwhelmed by them or running from them.
- how to work with "**overload**", **fear** and **mental paralysis**.
- how to make useful links between thoughts, emotions and physical sensations; activity and moods.
- specific psycho-educational information regarding the causes and vulnerability for relapse.

THIS PROGRAM CAN HELP PEOPLE WHO:

- have been diagnosed with either **depression or dysthymia**, and have had one or more relapses since their initial episode.
- have been diagnosed with **anxiety** or **panic disorder**.
- are not in the acute phase of treatment, but who have not fully recovered.
- are able to concentrate well enough to follow simple, guided meditations.
- are willing to commit to an 8-week program and complete a small amount of homework each week.

NOTE: *People suffering with milder symptoms, job or personal stress, or stress-related illnesses may find our Mindfulness-Based Stress Reduction program very helpful.*