

## **SPECIFICS ABOUT THIS PROGRAM**

An initial, individual interview with the program facilitator is required.

Eight weekly 2 1/2-hour group sessions beginning Thursday, Sept. 25, 2008 6:00-8:30PM.

The program provides a supportive environment in which to learn simple mindfulness meditation techniques with hands-on instruction and cognitive skill-building exercises, and utilizes CDs, workbook and related readings.

Cost: \$450. Some insurances will partially reimburse this group program.

Place: Center for Mindful Living  
Arbor Art Space  
56 Arbor Suite 405  
Hartford, CT

Facilitator: Char Wilkins, LCSW.

Please call Char to set up an interview or for more information: 860-402-9333.

website: [www.amindfulpath.com](http://www.amindfulpath.com)  
email: [info@amindfulpath.com](mailto:info@amindfulpath.com)

Char Wilkins is a licensed clinical social worker who has trained extensively in mindfulness meditation and stress reduction and is now in her sixth year of teaching mindfulness courses. She trained with Zindel Segal, Ph.D. whose research integrated the effective use of mindfulness meditation and specific cognitive therapy interventions to create MBCT. She has served as assistant teacher to Dr. Segal in a 7-day MBCT training for professionals at Omega Institute, Rhinebeck, NY.

In 2001 Char interned at UMass Medical School in The Mindfulness Stress Reduction Program under the direction of Jon Kabat-Zinn and Saki Santorelli. She continues her study and work in the use of mindfulness meditation with stress, depression/anxiety and eating disorders. She serves as vice-president for the national Center for Mindful Eating and is the owner/director of the Center for Mindful Living, Hartford, CT.

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NOTE OF CREDIT: Mindfulness-Based Cognitive Therapy (MBCT) is a specific 8-week psycho-educational relapse prevention program that was developed by and through the research of Drs. Zindel Segal, Mark Williams., and John D. Teasdale. Originally funded through a MacArthur Foundation grant, and then further developed by grants from the United Kingdom's National Health Service's Wales office of Research and the National Institute of Mental Health (NIH) in Washington, D.C., the mission of this research was to develop cognitive therapy based interventions that would be clinically effective and cost effective in preventing chronic depression relapse.

A Mindful Path, LLC  
Center for Mindful Living  
56 Arbor Street Suite 405  
Hartford, CT 860-402-9333

# **Mindfulness-Based Cognitive Therapy for the Prevention of Relapse Depression**

beginning September 25, 2008

*Initial interviews being held now*

*A Mindful Path*



## 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.*