

## Mindfulness-Based Cognitive Therapy for Depression

What is Mindfulness-Based Cognitive Therapy?

Mindfulness-Based Cognitive Therapy (MBCT) is a group programme that combines meditation and cognitive behaviour therapy in order to help people manage problems with recurrent depression and stress.



### MBCT Classes

- Nine week course. Each session lasts two hours.
- Classes often begin with a meditation practice and then involve some reflection about this experience (you only have to give feedback if you want to).
- Cognitive behavioural therapy exercises are also part of the classes.
- The classes involve discussion about the nature of depression with ideas for developing a new way of working with this problem.
- During the course it is recommended that people undertake about one hour per day of home practice.
- Provided **Free of Charge** by trained facilitators

Contact: 01905 760118 to arrange appointment to discuss group participation

