



# Mindfulness Based Cognitive Therapy (MBCT)

with **Sarah Kinsley** RCC, SE™ Practitioner

## What is MBCT?

- Mindfulness-Based Cognitive Therapy (MBCT) is a 9-week group therapy program (including an orientation session).
- MBCT is an evidence-based group therapy program, which has shown to reduce symptoms associated with depression, anxiety, and stress.
- Research has demonstrated MBCT is as effective as antidepressants in the prevention of depressive relapse or recurrence (Kuyken, 2008).
- Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally with compassion and kindness (Kabat-Zinn, 2013).
- Cognitive Behaviour Therapy (CBT) is designed to bring awareness to the habitual ways of being which may lead to depressive and anxious spirals by exploring various cognitions (thoughts) and associated behaviours.
- MBCT combines the skills of CBT and Mindfulness-based practices helping participants learn how to respond in more skillful ways to increase well-being in their lives.
- This program explores one's relationship to thoughts, emotions, body sensations, and behaviours/impulses to act.
- Through this exploration one may be able to step out of automatic pilot and move into more response-able and skillful ways of working with anxiety, stress, and low moods.
- MBCT takes its inspiration from Mindfulness-Based Stress Reduction (MBSR). A similar program designed in 1978 for participants with chronic pain and to help manage the impacts of stress.

## Who May Benefit from Attending?

- **THIS OFFERING IS AVAILABLE TO RESIDENTS OF BRITISH COLUMBIA ONLY**
- Individuals 18+ y/o experiencing the impacts of the stress response.

- Individuals experiencing the impacts of anxiety and/or low mood.
- Individuals with a history of depression.

### **Time Commitment**

- Individual intake interview with facilitator prior to Session 1 (phone)
- Orientation Session (2.5 hr.)
- 8-weekly **online Zoom** sessions (2.5 hr. each)
- Home practice meditations and activities

### **What To Expect**

- Program activities include guided meditations, short psycho-educational presentations based on the theme for the week, experiential CBT exercises, large and small group inquiry/discussions, and home practices.
- MBCT is a 'skill and study' based form of group therapy vs. a 'processing' form of group therapy.
- Participants are encouraged to have individual support to process what may arise in the sessions, for example, a counsellor or psychologist, etc. You may choose to discuss supports and resources with Sarah during the intake interview.
- All mindfulness-based practices are optional and include stationary (seated or lying) and dynamic (gentle movement and walking meditation).
- This program is designed for members of the public, based on the values of equity, diversity, inclusiveness, and belonging.
- Meditation experience is not necessary to participate in MBCT.
- **Every British Columbian is welcome!**

### **Program Themes**

Session 1: Awareness and Automatic Pilot

Session 2: Living in Our Heads

Session 3: Gathering the Scattered Mind

Session 4: Staying Present

Session 5: Allowing, Letting Be

Session 6: Thoughts Are Not Facts

Session 7: How Can I Best Take Care of Myself?

Session 8: Using What You Have Learned to Deal with Future Moods