

# Mindfulness Based Cognitive Therapy

**Who:** Mindfulness Based Cognitive Therapy (MBCT) is a skills-based day program designed to help people who have experienced repeated episodes of depression by helping to prevent relapse. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. This involves becoming acquainted with the modes of mind that are features of depression, whilst simultaneously learning to develop a new relationship to them. The MBCT day program is an experiential program combining discussion about mindfulness and mindful living, with the regular practice of mindfulness meditation. A willingness to regularly engage in formal mindfulness practice at home is required.

**Content:** In MBCT, group members will be assisted to:

- Learn and relate to their thoughts, feelings and bodily sensations in a healthier way
- Learn to make healthier choices based on increased self-awareness
- Develop a regular formal mindfulness practice
- Identify and wisely engage with mental states which may be indicative of depressive relapse.

**When:** MBCT runs over eight weeks.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

**9468 0177** or email **[Northpark.dayprogram@healthscope.com.au](mailto:Northpark.dayprogram@healthscope.com.au)**

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