Mindfulness Based Cognitive Therapy (MBCT) for Depression

MBCT is an 8-week program being offered in Ballarat Term 4, 2016 that can help you overcome depression, anxiety, and stress—by simply learning new ways to respond to your own thoughts and feelings. Mindfulness-based cognitive therapy (MBCT) has been tested and proven effective in clinical trials throughout the world.

Mindfulness-Based Cognitive Therapy (MBCT) is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterise mood disorders while simultaneously learning to develop a new relationship to them. MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn’s Mindfulness-Based Stress Reduction program.

For further information and details to register:

**Ballarat:** Dawson House: Monday evenings 6.30 – 9pm, October 3rd – November 21st – 2016, plus one full Saturday on November 5th.

**Cost:** $540 or $420 for health card holders

**Register now to secure your place.**

**Contact:** Kate Skilbeck – Psychologist & Trainer on 0408 540895 or kateskilbeck@gmail.com

Jenn Apps- Psychotherapist/Counsellor on 0409 968430 or jennapps@relationshipcounsellinggeelong.com.au

PD points may be used – 28 direct course hours, plus home meditation practice.
What does the course involve?

• a 2.5 hour class once a week for eight weeks plus one full day
• exploration of patterns of thinking, feeling and action, and how to transform them
• yoga and body awareness training
• brief lectures and discussions
• individual feedback and support
• scientific rationale for the practice and your commitment to daily homework practice using CDs and course book

MBCT is an adaptation of MBSR (Mindfulness-Based Stress Reduction) that uses the same basic format and structure – an 8-week class with an all-day retreat; a class structure that includes psycho-education, formal meditation and movement practices, and teacher-led discussion and inquiry; and daily home practices and exercises.

As in MBSR, participants learn to recognise habitual, unhelpful reactions to difficulty and learn instead to bring an interested, accepting and non-judgmental attitude to all experience, including difficult sensations, emotions, thoughts and behaviour. MBCT replaces some of the content of MBSR with a focus on specific patterns of negative thinking that people with depression are vulnerable to, but which we all experience from time to time.

MBCT was developed to treat depression and research has shown it to be effective in preventing relapse in people who have recovered from depression.

MBCT was developed to prevent future episodes of depression in people with a history of recurrent depression. It is based on the observation that recurrence in people who have recovered from a depressive episode is more likely when patterns of negative thinking are triggered by low moods encountered in the course of everyday life. Negative thinking leads to lower mood and this pattern escalates to bring on a relapse of depression. Techniques from Cognitive Behaviour Therapy are incorporated into the program to promote greater awareness of these patterns and mindfulness practices are used to disengage from them. The focus is on changing one’s relationship to unwanted thoughts, feelings and body sensations so that participants no longer try to avoid them or react to them automatically, but rather respond to them in an intentional and skilful manner.
What previous participants of the MBSR run by Kate Skilbeck and Jenn Apps have said:

I have thoroughly enjoyed the course. I have come a long way and now have tools for life. I can’t wait to keep practising and learning more every day about myself.

I have a framework to return to again and again. I have more tools in my toolkit to live my life.

I feel that I have achieved a calmness and a peaceful energy that I can draw upon anywhere at anytime.

WOW! I experienced the course as extremely comprehensive, welcoming, knowledgeable, funny and compassionate.

This course is well worth it; the time, the money, everything... I could not recommend it enough.

I have learned that the thoughts that I sometime struggle with are a part of the human condition- living in the past or the future is quite common, but there’s something really nice about being in the now.

I have learned that I can be open, that I have vulnerabilities and I don’t have to beat myself up, that I am like everybody else and can be kind to myself.

I have learned that I matter and that I am learning to know me as a whole- tuning into my thoughts, feelings, emotions and sensations. I can be mindful and use all the practices as tools to cope with anxiety and daily life.

I have learned that I am strong and that I am now ready to start this next phase of my life. This course has been profoundly life shaping.

MBSR PARTICIPANTS