

## **M.B.C.T.**

### ***Mindfulness-Based Cognitive Therapy***

**M.B.C.T.** is a 10-week group, based on the cognitive therapy research of Zindel Segal, Mark Williams, and John Teasdale, and influenced by the work of Jon Kabat Zinn, and Marsha Linehan.

**WHO IS THIS GROUP FOR?** This group is designed to prevent **relapse** into Clinical Depression in a time effective and cost effective way. It is for people who have been **clinically depressed**, are out of acute depression, are starting on the way to recovery, and wish to avoid future relapses.

**Depression** is unfortunately one of the top ten serious conditions in America. Current research shows that even after successful treatment, 80% of people suffering from depression relapse at least 4 times in a lifetime. With each new episode, the **vulnerability** for the next one grows. Research shows that this vulnerability becomes less externally oriented with each episode, and more internally, or **"autonomously"** triggered with each episode. The mind has learned an **association** between thoughts, feelings and symptoms experienced when depressed, and "goes there" quickly when triggered. The focus of the group is to increase awareness of this association, and reduce rumination and worrying thought patterns, which amplify the sad, hopeless and worthless feelings, which may quickly trigger a relapse of depression.

**M.B.C.T.** teaches skills and concepts, both experientially and through discussion, to **respond effectively** to this increasingly internal vulnerability, leading to relapse. Specifically, these concepts and skills include:

- \* mindfulness; focused and relaxed attention,
- \* non-judgmental acceptance,
- \* taking a "being" stance, rather than a "doing stance"
- \* exposure and non-reaction to difficult emotions,
- \* cognitive therapy tools designed to enhance relapse prevention.

This work is based on research funded by the Mc Arthur Foundation, and has been empirically evaluated and found to effective.

Next Class June 17-Sept 2, 2005 Fri. 10:30 – 12:30

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