

M.B.C.T.  
Mindfulness-based Cognitive Therapy for Recovery

M.B.C.T. is a 10 week class based on the cognitive therapy research of Zindel Segal, Ph.D., and the Mindfulness work of Jon Kabat Zinn and Marsha Linehan.

WHO IS THIS GROUP FOR? This group is designed to support the prevention of RELAPSE into Addiction. It can support other recovery programs as well. It is for people who are struggling to stay in sobriety, and people who wish to enhance their sobriety with the tools of Meditation and Cognitive Therapy.

Based on research into Alcoholism and Depression, this class teaches ways to respond mindfully to urges, cravings, and mental/emotional and behavioral patterns that can lead to using and relapse. The focus of these classes is to increase awareness of these patterns, and reduce rumination and worrying which amplify sad, scared, hopeless and worthless feelings, which may quickly trigger urges and cravings.

M.B.C.T. can also be a way to put the Serenity Prayer into action: the ability to "Change what you can change, accept what you can't, and the wisdom to know the difference." By:

- \* Non-judgmental acceptance.
- \* Taking a "being" stance, rather than a "doing" stance.
- \* Exposure and non-reaction to difficult emotions
- \* Compassion and acceptance towards yourself.
- \* Cognitive tools to work with thoughts and feelings.

To register please call: Judith Prebluda, M.A., 781-643-2313