

M.B.C.T.

MINDFULNESS BASED COGNITIVE THERAPY FOR THERAPISTS:

M.B.C.T. for Therapists takes therapists through a Mindfulness-based therapy 10 week class, for both educational and self-healing purposes.

WHO IS THIS CLASS FOR? This class is for therapists who want to learn and/or practice Mindfulness meditation, and its applications to the therapy practice. Mindfulness can be learned both by formal practice, and by cognitive and behavioral approaches that can easily translate into daily life activities.

The techniques and approaches taught in this class are both experiential and didactic. They are based on the work of Zindel Segal, Ph. D., Jon Kabat Zinn, Ph. D., Marsha Linehan, Ph. D. and Richard Schwartz, as well as Judith's 29 years of experience as a meditator.

Mindfulness teaches skills and concepts that RESPOND EFFECTIVELY to mental/emotional and behavioral patterns that tend towards rumination, worrying, and generally not being present.

These skills include:

- Non-judgmental acceptance of self and others.
- Taking a "being stance, rather than a "doing" stance.
- Exposure and non-reaction to difficult thoughts and emotions.
- Compassion towards self and other.

To register, or ask further questions, please call:
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