

A 6-WEEK MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) COURSE

TUESDAY EVENINGS FROM
29TH OF MARCH TO 17TH OF MAY 2001

FROM 6-8 PM



AT CITY AND HACKNEY MIND

WHAT IS MINDFULNESS-BASED COGNITIVE THERAPY?

MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) IS DESIGNED TO HELP PEOPLE WHO HAVE PREVIOUSLY SUFFERED FROM DEPRESSION AND WANT TO STAY CLEAR OF FUTURE EPISODES. IT COMBINES THE IDEAS OF COGNITIVE THERAPY WITH MEDITATIVE PRACTICES AND ATTITUDES BASED ON THE CULTIVATION OF MINDFULNESS.

WHAT IS MINDFULNESS?

MINDFULNESS IS A WAY OF DEVELOPING A RELATIONSHIP WITH OURSELVES AND THE WORLD THAT IS ATTENTIVE AND ACCEPTING. OFTEN WE FIND OURSELVES WORRYING ABOUT THE FUTURE OR GETTING LOST IN THOUGHTS ABOUT THE PAST THAT KEEP US TRAPPED IN OLD PATTERNS THAT WE AUTOMATICALLY REPEAT. THIS CAN ROB US OF OUR ABILITY TO BE IN THE PRESENT MOMENT. MINDFULNESS HELPS US TO PURPOSEFULLY NOTICE OUR THOUGHTS, FEELINGS AND BODILY SENSATIONS FRESHLY AND WITHOUT JUDGEMENT.



WHAT IS THE AIM OF THE COURSE?

THE COURSE CONSISTS OF EXPERIENTIAL EXERCISES AND PRACTICES THAT WILL HELP YOU TO;

- BECOME FAMILIAR WITH THE WORKINGS OF YOUR MIND
- NOTICE THE TIMES WHEN YOU ARE AT RISK OF GETTING CAUGHT IN OLD HABITS OF MIND THAT RE-ACTIVATE DOWNWARD MOOD SPIRALS.
- EXPLORE WAYS OF RELEASING YOURSELF FROM THOSE OLD HABITS
- PUT YOU IN TOUCH WITH A DIFFERENT WAY OF KNOWING YOURSELF AND THE WORLD.
- NOTICE SMALL BEAUTIES AND PLEASURES IN THE WORLD AROUND YOU INSTEAD OF LIVING IN YOUR HEAD
- BE KIND TO YOURSELF INSTEAD OF WISHING THINGS WERE DIFFERENT ALL THE TIME
- TO ACCEPT YOURSELF AS YOU ARE, RATHER THAN JUDGING YOURSELF ALL THE TIME.

WHO AND HOW MANY PEOPLE CAN TAKE PART IN THE MBCT COURSE?

THE COURSE IS SUITABLE FOR PEOPLE THAT HAVE PREVIOUSLY SUFFERED FROM DEPRESSION, BUT THAT ARE NOT CURRENTLY DEPRESSED. IT IS ALSO SUITABLE FOR PEOPLE WHO HAVE A HISTORY OF BATTLING OTHER LOW MOOD RELATED ISSUES SUCH AS STRESS, ANXIETY AND LOW-SELF ESTEEM.

IT IS IMPORTANT THAT PARTICIPANTS ARE ABLE TO COMMIT TO ATTENDING ON A WEEKLY BASIS, AS RESEARCH HAS SHOWN THAT PEOPLE WHO ATTEND ON A WEEKLY BASIS ARE MOST LIKELY TO BENEFIT FROM MBCT.

THE COURSE IS TAUGHT IN A GROUP FORMAT. WE AIM TO KEEP THE GROUPS RELATIVELY SMALL WITH UP TO ABOUT 8-10 PARTICIPANTS.

WHEN AND WHERE WILL THE COURSE TAKE PLACE?

THERE ARE 6 WEEKLY SESSIONS THAT WILL TAKE PLACE ON TUESDAY EVENINGS AT ;

CITY & HACKNEY MIND
8-10 TUDOR ROAD
LONDON E9 7SN

EACH SESSION WILL LAST 2 HOURS FROM 6 PM – 8 PM ON THE FOLLOWING DATES;

SESSION 1: 29TH MARCH	SESSION 4: 3RD OF MAY
SESSION 2: 5TH APRIL	SESSION 5: 10TH OF MAY
SESSION 3: 12TH APRIL	SESSION 6: 17TH OF MAY.

NB! 2-WEEK EASTER BREAK: 19TH & 26TH OF APRIL

WHO WILL RUN THE COURSE?

THE COURSE WILL BE RUN BY GWEN WILLIAMS, AN EXPERIENCED COUNSELOR AT MIND, AND EVA SCHEPELERN, A FINAL YEAR TRAINEE COUNSELLING PSYCHOLOGIST AT LONDON METROPOLITAN UNIVERSITY. BOTH GWEN AND EVA HAVE RECEIVED TRAINING IN MINDFULNESS.

HOW MUCH DOES THE COURSE COST?

THE COURSE IS PROVIDED FREE OF CHARGE TO CITY AND HACKNEY RESIDENTS. HOWEVER, A VOLUNTARY CHARGE OF £10 WOULD BE APPRECIATED TO COVER THE COST OF CDS AND LEARNING MATERIALS PROVIDED FOR PARTICIPANTS ON THE COURSE.

HOW DO I BOOK A PLACE ON THE COURSE?

TO BOOK A PLACE ON THE COURSE, PLEASE CONTACT

GWEN WILLIAMS ON 020 8525 2318

OR COMPLETE A REFERRAL FORM AT:

COUNSELLING@CITYANDHACKNEYMIND.ORG.UK

OUR ADDRESS:

CITY & HACKNEY MIND
8-10 TUDOR ROAD
LONDON E9 7SN

