



Mindfulness practices for experiencing happiness and transforming suffering have a long lineage. They have been taught systematically in medical and psychiatric settings since 1979 to help people with chronic health problems. Depression is a leading cause of disability in the world, creating untold human suffering and tends to be recurring.

People who suffer from depression often express a wish for psychological help to facilitate their recovery from depression in the long-term. Mindfulness-based Cognitive Therapy (MBCT) has been developed in response to this need.



If you are interested in MBCT classes, please contact
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REGISTERED WITH THE HEALTH PROFESSIONS COUNCIL OF S.A.

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FREE INITIAL ASSESSMENT

An interview is required of all potential participants to ensure a good fit with the programme, to provide additional information about the group, and to answer any questions. There is no charge for this interview.



*Integrating mindfulness meditation
and cognitive therapy*

WHY DO PEOPLE REMAIN VULNERABLE TO RELAPSE

During an episode of depression, negative mood occurs alongside negative thinking and bodily sensations of sluggishness and fatigue. When the episode has passed, and the mood has returned to normal, the negative thinking and body sensations tend to disappear as well. However, during the episode an association has been learned between the various symptoms. This means that when negative mood happens again (for any reason), it will tend to trigger all the other symptoms in proportion to the strength of association. When this happens, the old habits of negative thinking will start up again, negative thinking gets into the same rut, and a full-blown episode of depression may be the result.

The data behind MBCT indicate that it effectively reduces relapse rates by 50% in patients with recurrent depression. It is recommended by the National Institute for Clinical Excellence (NICE) in the U.K. as an empirically supported depression prevention treatment. Individuals can participate in this treatment regardless of whether they recovered from their depression via medication or talk therapy.

WHAT IS MINDFULNESS BASED COGNITIVE THERAPY?

Mindfulness-based cognitive therapy is an innovative approach that combines the practice and clinical application of mindfulness meditation with the tools of cognitive therapy. The heart of this work lies in acquainting patients with the characteristic cognitive and emotional patterns of mood disorders, while simultaneously inviting them to develop a new healthier relationship to these patterns.



Based on research and clinical experience, MBCT is useful for people whose negative thinking provokes psychiatric symptoms. There is evidence that this a trans-diagnostic intervention, in that, since the original research, it has been successfully applied across a range of different diagnoses. These include, anxiety disorders, chronic fatigue syndrome, and bi-polar mood disorder.

HOW DOES MBCT WORK?

MBCT is a group-based brief intervention. Classes meet once-weekly for eight sessions and participants are asked to do home-based practice during the week.

For more information please visit the website: www.mindfulness.co.za

WHAT YOU WILL LEARN

- **To become more aware of, and relate more constructively to, bodily sensations, feelings and thoughts.**
- **Simple breathing meditations to become more aware of the present moment**
- **Information about depression**
- **Cognitive therapy exercises that show the links between thinking and feeling.**
- **To see more clearly the patterns of the mind**
- **To learn how to recognize when our mood is beginning to go down**

