

# THE MBCT PROGRAM

Mindfulness-Based Cognitive Therapy (MBCT) is a type of psychotherapy developed by Segal, Williams and Teasdale, that involves a combination of cognitive therapy to recognize negative patterns of thought, meditation to achieve a calm and stable state of mind, and the development of a present-oriented, non-judgmental attitude of mindfulness.

MBCT is beneficial for those who wish to receive support to improve their mental health. It is a long-term method to ease anxiety and negative thoughts in times of stress. MBCT is useful in combating certain physical and mental disorders, promoting general wellness of health, and while producing long-term results.



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## Effectiveness of MBCT:

·MBCT can help reduce anxiety, depression, PTSD, and stress. Users report lower blood pressure and physical changes such as better eating and sleeping. (Montero-Marin et al., 2020; Khusid & Vythilingam, 2016; Pascoe et al., 2017)

·Do you feel persistent anxiety or stress that causes reoccurring cycles of depression? MBCT effectively reduces depression relapses, while lowering anxiety levels. (Teasdale et al., 2000)

·Do you suffer from burnout and mood swings? MBCT improves emotion control and stress management. Those who practice MBCT report feeling happier, along with increased rates of life satisfaction post-program. (Querstret et al., 2020)

·MBCT is helpful during difficult times: A study followed a group of people, who relied on medication for migraines during the pandemic to see the effects of mindfulness through online sessions. Participants reported an overall reduction of 50% less migraines per month, as well as a 50% reduction of medication use per month. (Grazzi, Rizzoli & Andrasik, 2020).

·MBCT benefits individuals that suffer from chronic insomnia or those who are unable to have a restful night of sleep. Longer and restful sleep was reported by those who practiced mindfulness after eight weeks. (Zheng et al., 2020)

·Regular practice of mindfulness has many benefits which include increased empathy, compassion and relationship satisfaction. (Lomas et al., 2018)

# MINDFULNESS FOR ALBERTANS



YOUR MENTAL HEALTH COMES FIRST

## Why Mindfulness?

·Mindfulness is focusing on the present moment, being aware of what one is doing or of their surroundings and accepting these sensations. Individuals can recognize and understand how to bring their thoughts under control.

·Mindful lessons are self-directed and easily accessible, allowing participants to practice at their own pace.

·Mindfulness alters mindset and attitude. With consistent practice, MBCT produces lasting results of increased self-control, objectivity, enhanced mental flexibility, improved concentration, and clarity.

·Mindfulness is helpful for participants with mental health concerns that do not necessarily require professional medical aid.

## Is Mindfulness Right For Me?

If you possess one or more of the following characteristics, this program may be beneficial for you:

· You frequently have recurrent negative thoughts that distract or overwhelm your daily routine.

· You struggle to find healthy methods of de-escalation when something distressing occurs.

· You are highly sensitive and reactive to change.

Mindfulness may not be fit for individuals with PTSD or victims of trauma. This is because some sessions practice the recall of previous memories amidst online learning. Please consult your physician about whether this program will or will not suit your current needs and situations.

## Registration

If your doctor has referred you to this program and has provided you with this pamphlet, please follow these steps to register:

1. Visit our self-assessment link: <https://albertamindfulness.ca/k-10-testing>
2. Upon assessment completion, you will receive a test score which will determine participant suitability.
3. Additional resources will be provided on results page in preparation for program entry.
4. Register at: [forms.gle/uZDPv9CRZmxyqSCu6](https://forms.gle/uZDPv9CRZmxyqSCu6)

Interested Individuals who do not pass the initial self-assessment examination may re-consult with a licensed professional and request the program again.

## PROGRAM INFORMATION

This program welcomes diversity and aims to provide mindfulness in various languages for ease of accessibility.

Currently, sessions include English and Chinese language options. This program requires a time commitment of three hours per week for eight weeks. Attendance at weekly, virtually-delivered sessions will be required.

Participants should commit to 30-45 minutes of daily practice for visible results, such as reduced anxiety or negative perception.

Over a period of eight weeks, the program will offer different practice sessions to participants:

1

### Stepping Out Of Automatic Pilot

Recognizing one's tendency to be on autopilot and learning to step away from a situation.

2

### Dealing With Barriers

By focusing on the body, individuals will clear the the mind by noticing and letting it go. Participants will learn that thoughts are not facts though emotional management.

3

### Mindfulness of the Breath

Participants will become familiar with the behavior of the mind and transition into the breath. They will categorize experiences and sensations, becoming increasingly aware of their movement(s).

4

### Staying Present

Participants will focus on staying present with the breath and recognize the territory of stress and when the mind is consumed by negative emotions by relating the experience to a wider perspective.

5

### Acceptance, Holding, Allowing, Letting Be

Individuals will practice relating without judging or altering events. Participants will study the acceptance of experience despite ignorance or discomfort.

6

### Thoughts Are Not Facts

Individuals will learn about the choice to engage in thought. Participants will learn to recognize patterns of thought that occur frequently and move away from them, without having to question their thoughts nor seek alternative options.

7

### How can I Best Take Care of Myself?

Individuals will learn methods of de-escalation when stress threatens to occur. Participants will learn to recognize their unique stress signals through the use of "breath space" practice.

8

### Using What You Have Learned To Deal With Future Moods

Participants will utilize previous practices to maintain balance with continual practice. They will learn interpretations of healthy meditation practices to conclude the program.



" Mindfulness can be defined as paying attention in a particular way; on purpose, in the present moment, non-judgmentally "

-Jon Kabat-Zinn

## Self-Assessment Resources

To see if our program is right for you, please go to our website or follow the link below to self-assess through Kessler's psychological distress scale (K10). Individuals best suited for this program score between 12-27. If you score above this range, we recommend seeking a medical professional or environment to better suit your needs.

**K10 Assessment:**

[albertamindfulness.ca/k-10-testing](http://albertamindfulness.ca/k-10-testing)

Disclaimer: Self-assessments do not reflect complete accuracy. If your score is close to the cut-off, we encourage you to discuss your results with a qualified health care provider or contact us for additional screening.

All referred individuals will undergo an online, multi-staged screening process to ensure that they are fit for this program, regardless of referral source. All applicants will all be informed, with rejected applicants provided alternative resources.

## About Us

The mission of the Alberta Mindfulness Association is creating targeted aid that promotes self-regulation. Our MBCT program emphasizes the importance of training one's attention and awareness to gain understanding and control of thoughts, thereby fostering mental well-being through calmness, clarity and concentration during times of hardship.

## Qualifications of Facilitators

All facilitators have official MBCT certifications. Facilitators have been trained and supervised under recognized institutions such as Oxford University and University of Toronto.

They are registered as social workers, counselors, and psychologists in the province with MBCT experience and training to ensure the safety of participants and validity of the program. Instructors of the mindfulness programs are dedicated to promoting the benefits of mindfulness and do not advertise other products or services.