

MINDFULNESS- BASED COGNITIVE THERAPY

WHAT IS MBCT?

Mindfulness-based Cognitive Therapy (MBCT) is a structured group-based program developed by Drs. Zindel Segal, Mark Williams and John Teasdale with a focus on increasing mindful awareness and cultivating nonjudgmental attitude toward one's thinking and feeling. MBCT combines mindfulness practices (e.g. sitting meditation, body-centered movement and body scan) with cognitive modules, including psychoeducation on the nature of depression and relapse prevention. MBCT has established a strong scientific evidence base for depression relapse prevention among those who have recurrent depression and are currently stable or with residual symptoms.

STRUCTURE OF MBCT

- **Duration of group:** 12 weeks; Session length: 90-minute weekly sessions
- **Number of group members:** 10-12; minimum number to start group: 10
- **Clothing:** loose fitting, layered, comfortable clothing which will allow gentle stretching and sitting; water bottle with lid to help stay hydrated
- **Other items to prepare (optional):** yoga mat and meditation cushion
- **Counterindications:** current depressive episode, active psychosis, active substance use, cognitive impairment, high suicidality

COURSE INSTRUCTOR

Hui Qi Tong, Ph.D.

Director of the Mindfulness Program, Stanford Center for Integrative Medicine
Dr. Tong is a qualified MBCT instructor by the Oxford Mindfulness Center. She specializes in Mindfulness-based Interventions (MBIs) and trauma recovery. She will lead the group through:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Psychoeducation on depression and depression relapse prevention
- Group dialogue and discussions aimed at enhancing awareness, optimizing coping with rumination and increasing nourishing activities
- Daily home practice assignments



This group will be co-facilitated by a psychiatry resident and a psychology practicum student

VENUE	Class will be taught via Zoom
TIME	Thursday 10:30 am-noon (Oct7 — Dec 30, 2021, except for Nov. 25th)
REFERRALS	Group is for established patients through the Stanford Center for Integrative Medicine and the Stanford Department of Psychiatry and Behavioral Sciences.

To register, please have your care provider make a referral via secure msg to Dr. Tong for screening/orientation



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