Mindfulness-based Cognitive Therapy

WHAT IS MBCT?

Mindfulness-based Cognitive Therapy (MBCT) is a program developed by Drs. Mark Williams, Zindel Segal and John Teasdale. MBCT combines classic cognitive behavioral therapy and mindfulness practice. It is often offered following CBT and/or medication treatment for depression to prevent future depression recurrence. MBCT is listed as one of the evidence-based treatments for depression relapse prevention by the American Psychological Association.

STRUCTURE OF MBCT

- **Duration of group:** 10 weeks including an orientation session and a feedback session. Session length: 2-hour weekly sessions
- **Daylong between week 6 & 7:** a 6-hour daylong intensive practice (on a Saturday) if venue is available
- **Number of group members:** 6-12; minimum number to start group: 6
- **Clothing:** loose fitting, layered, comfortable clothing which will allow gentle stretching and sitting; water bottle with lid to help stay hydrated; No scented lotion or perfume, etc.
- **Other items to bring (optional):** yoga mats and cushions
- **Counterindications:** current severe depressive symptoms, active psychosis, active substance use, cognitive impairment, high suicidality

GROUP FACILITATOR

Hui Qi Tong, Ph.D., Clinical Associate Professor, Qualified MBCT Instructor by Oxford Mindfulness Center, will lead the group through:

- Guided instruction in mindfulness meditation practices, Gentle stretching and mindful yoga
- Working with difficult thoughts and emotions
- Group dialogue and discussions aimed at skillful coping and cultivating a wise relationship with thoughts and emotions that are common in depression and its relapse
- Daily home assignments
- Home practice app/audio

Dr. Tong is open to accept a psychology trainee who is interested in MBCT to participate in the group and help with group prep work. Completion of this MBCT program satisfies one of the prerequisites for MBCT teacher training programs.

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