



## Mindfulness-Based Cognitive Therapy (MBCT)

### Kirstine Postma, C.Psych.

THE OICBT IS  
COMMITTED TO  
PROVIDING EVIDENCE-  
BASED MENTAL HEALTH  
SERVICES IN A COST-  
EFFECTIVE WAY

Mindfulness-Based Cognitive Therapy (MBCT) has been designed to help people with recurrent depression and chronic unhappiness. It aims to guide people in the cultivation of mindfulness, which may support the development of a greater understanding and awareness of one's experience. This awareness, combined with cognitive therapy skills, has been shown to assist people in the detection of early warning signs, often averting the downward spiral into a depressive episode.

The program consists of **8 weekly 2-hour sessions** of instruction and **one full day of practice** after the sixth session. In the course meetings, we learn and practice skills of mindfulness and cognitive therapy. Between sessions, we practice daily at home. The course includes handouts, guided meditations and other course materials.

#### Outline of sessions:

- Awareness and automatic pilot: from “doing” to “being”
- Mindfulness of eating, body sensations and every day experience
- Living in our heads. Practice letting go of thinking and connect with direct awareness of the body
- Gathering the scattered mind. Using the breath and body to reconnect with mindful presence
- Recognizing aversion
- Allowing/letting be
- Thoughts are not facts
- “How can I best take care of myself?”
- Maintaining and extending new learning

#### Contact Information

For bookings, please contact Lisa at [info@ottawacbt.ca](mailto:info@ottawacbt.ca) or 613.820.9931, ext 0.

You may contact Kirstine for more information on

#### Dates

Please enquire with Lisa or Kirstine about upcoming courses.

#### Cost

The cost for this program is \$690. There is also an additional 30-minute meeting prior to starting the group at \$100.

#### Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

*Increasing Access to Services in the Community*

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