

**THERAPY GROUP**



Are you experiencing episodes of depression or anxiety, and looking to be more present?



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# MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) GROUP



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# MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) GROUP

Mindfulness involves being purposefully aware of the present moment while maintaining a non-judgmental attitude towards your experiences.

Regular practice of mindfulness meditation can help cultivate this awareness. When combined with Cognitive Therapy principles, mindfulness meditation can foster new insights, perspectives, and personal transformations.

The Mindfulness-Based Cognitive Behavioural Therapy (MBCT) group, offered by Turning Point Talking Therapies, is an evidence-based program.

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## What to expect in the sessions

It is delivered in an 8-week group format, with each weekly session lasting 2 hours. Participants are encouraged to practice daily and receive support throughout the program.

No prior experience or knowledge of mindfulness meditation is required, and approaching the program with a beginner's mind is highly valued.

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## Benefits of group therapy

The Mindfulness-Based Cognitive Behavioural Therapy (MBCT) group offers several benefits to participants, including the opportunity to share experiences and gain support from others who understand what you're going through. Providing practical skills that you can apply in your daily life to manage your symptoms. Additionally, working in a group can boost your motivation and commitment to making positive changes.

## Who is the group for?

We offer two types of MBCT groups:

- **MCBT for Freedom from Repeated Depression:** This group helps prevent future episodes of depression for individuals who have experienced two or more episodes in the past.
- **MCBT for Long Term Health Conditions:** This group supports individuals in managing the psychological challenges associated with chronic long-term health conditions.