

The MBCT Group has a teaching focus and is experiential in nature. The program consists of 9 two-hour sessions organized as follows:

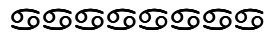
**Sessions 1-4:** *Mindfulness Training* and awareness of negative thoughts

**Sessions 5-8:** *Handling Mood Shifts* and recognizing early and unique warning signs of depression

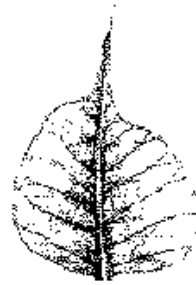
**Session 9:** *Follow-up* session focusing on mindfulness practice and choices

A screening interview is required of all potential participants to ensure a good fit with the program, to provide initial information about the group, and to answer any questions the participants may have.

Total cost of the MBCT Depression Relapse Prevention Group is \$500 including written materials, CDs and screening interview. Some insurance companies may reimburse all or part of the cost of this therapeutic group program.



The MBCT Group meets once weekly on **Wednesdays** from **6:30 pm to 8:30 pm**. The group is held in **Old Saybrook, CT** and is limited to 15 participants.



*About Elizabeth Hale-Rose, LCSW...*

Elizabeth Hale-Rose is a licensed clinical social worker who received her masters degree from Smith College. Her past work experiences include treatment coordinator at St. Francis Home for Children and primary therapist/group therapist at the Adolescent Evaluation & Crisis Intervention Program at the Yale Psychiatric Institute. In her private practice she specializes primarily in treating mood and anxiety disorders in adolescents and adults. She has a special interest in integrating mindfulness into clinical work and self-development. She has studied MBCT for depression relapse prevention with Zindel Segal, Ph.D. She has also studied many relaxation and meditation practices, and has extensive experience facilitating groups. Her practice is in Guilford and Essex, CT.



*Groups are ongoing*  
**Contact Elizabeth Hale-Rose, LCSW at  
(860) 767-1517 (ext. 8) to arrange a  
screening interview.**

# Depression Relapse Prevention

## Mindfulness-Based Cognitive Group Therapy



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## Once you have had depression, there is an increased risk that you will become depressed again.

### WHAT CAUSES DEPRESSION TO RETURN?

If you have been depressed, and then recovered, you may have noticed that a small amount of sadness or disappointment can trigger a large amount of negative thoughts which often seem out of proportion to the situation.

During an episode of depression, negative mood occurs alongside negative thinking and bodily sensations of sluggishness and fatigue. When the episode has passed, and the mood has returned to normal, the negative thinking and body sensations may disappear as well. However, they have not really gone. The mind has learned an association between the various symptoms. This means that when mild feelings of sadness happen again (for any reason) it will tend to trigger all the other symptoms. Consequently negative thinking will begin again; which in turn, will worsen mood, and a full-blown episode of depression may be the result of this reinforcing cycle.

This means that sustaining recovery from depression depends on learning how to keep mild states of sadness, and the patterns of thinking they trigger, from spiraling out of control.

MBCT teaches a method of cognitive and behavioral self-monitoring that promotes a non-judgmental awareness of the contents and processes of the mind. You will learn, via direct experience, to exercise choice around your habitual patterns of reactive thoughts, emotions, and behaviors to better manage your mood. MBCT also enhances concentration and sense of wellbeing.



Research has shown that MBCT and the regular practice of mindfulness meditation results in:

- Decreased levels of anxiety
- Improved mood
- Less of a stress effect on mood
- Greater self awareness
- Greater acceptance of stressful events
- Increased ability to tolerate painful emotions
- Increased ability to monitor automatic thoughts, physiological states and emotions

### Mindfulness-Based Cognitive Therapy

MBCT includes simple breathing meditations and yoga stretches to help you become more aware of the present moment. It also includes basic education about depression, and several exercises from cognitive therapy that show the links between thinking and feeling and how best to look after yourself when depression threatens to overwhelm you.

*How does it work?* MBCT helps you to see more clearly the patterns of your mind; and to learn how to recognize when your mood is beginning to go down. It helps break the link between negative mood and the negative thinking that might normally have escalated into a relapse. You develop the capacity to mindfully disengage from distressing mood, and negative thoughts. You find that you can learn to stay in touch with the present moment, without having to ruminate about the past, or worry about the future.

The mindfulness approach is meant to enhance, not to compete with, whatever type of treatment you may be receiving for depression, whether antidepressants and/or psychotherapy. The aim is to continue care into those periods when you are feeling well, and beyond. MBCT differs from mindfulness meditation as it is normally taught by the way it integrates mindfulness practice into a psychological model of depression and the way it uses specific exercises to bring mindfulness and concentration to bear in stressful situations.

### **If you answer 'yes' to any of these questions, you may find MBCT helpful.**

- Have you suffered from more than one episode of depression in the past?
- If 'YES', have you recovered enough to consider taking steps to prevent future episodes?
- Do you find that, when you become sad, you tend to ruminate about things?
- Does your thinking rapidly become negative in response to small downward shifts in your moods?
- When your mood goes down, do you find yourself thinking about why you always react this way?
- When your mood goes down, do you find yourself trying to analyze everything?