

# MINDFULNESS-BASED COGNITIVE GROUP THERAPY

## Help Yourself Prevent Depression Relapse

### *Can MBCT help me?*

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?

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Mindfulness-Based Cognitive Therapy (MBCT) is a new and forward-thinking approach to the treatment of mood disorders and psychological problems. It integrates the evidenced-based techniques of Cognitive-Behavioral Therapy (CBT) with elements of insight meditation practice, relaxation techniques, mindfulness-based stress reduction, and the conscious cultivation of awareness and acceptance.

Over the course of a 9-week structured program, group participants will take part in awareness exercises and cognitive interventions, designed to help them break the cycle of depression and anxiety and increase their perception of control and direction throughout their lives.

MBCT is meant to enhance, not compete with, whatever type of treatment you may be receiving, whether antidepressants and/or psychotherapy. 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.

### *GROUPS ARE FORMING ON AN ONGOING BASIS.*

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 participants may have. Persons wishing to apply for participation should contact the facilitator Elizabeth Hale-Rose, L.C.S.W at (860) 767-1517 (ext 8).

For a more complete description of MBCT please take brochure below!