

# *Mindfulness-Based Cognitive Therapy*

## **at the Vancouver CBT Centre**

The Vancouver CBT Centre is offering an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT) designed to reduce symptoms of anxiety and depression. The group facilitator, Dr. Mark Lau, Registered Psychologist, has 25 years of experience teaching MBCT groups, training MBCT group leaders internationally, and conducting MBCT research. He has also worked with Dr. Zindel Segal, one of the three developers of MBCT, for 11 years prior to moving to Vancouver.

MBCT integrates mindfulness meditation techniques with some principles derived from cognitive-behavioural therapy (CBT) methods, and has been shown to be helpful in decreasing symptoms of depression and anxiety. Through the practice of mindful awareness, participants develop the capacity to relate differently to distressing moods and negative thoughts by strengthening an orientation to the present moment. They will learn to respond more consciously to emotionally laden situations, rather than reacting automatically.

The group program involves weekly attendance at a two-hour session, one full day session, as well as an invitation to engage in daily mindfulness practice of up to one hour per day.

Where: Online via Zoom

When: Weekly Sessions

Wednesday afternoons, 4:00-6:00pm

Session dates are as follows: April 21<sup>st</sup>, April 28<sup>th</sup>, May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>, May 26<sup>th</sup>, June 2<sup>nd</sup>, June 9<sup>th</sup>

**\*\*In addition to the 8 dates noted above there will be one all-day session on Saturday, May 29<sup>th</sup> from 9:45am-4:00pm\*\***

Who: People with depression and/or anxiety

Cost: \$650

Includes eight two-hour group sessions, a teletherapy individual intake session, weekly handouts, and an all-day session on Saturday, May 29<sup>th</sup>, 2021

How: Contact [info@vancouvercbt.ca](mailto:info@vancouvercbt.ca) or 604-738-7337 (voicemail only) for more information or to set up a teletherapy intake session.