

# *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, has 20 years of experience teaching MBCT groups, training MBCT group leaders internationally, and doing MBCT research. He also worked with Dr. Zindel Segel, one of the three developers of MBCT, for 11 years prior to moving to Vancouver.

MBCT combines traditional cognitive-behavioural therapy (CBT) methods with mindfulness techniques, 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, as well as an invitation to engage in daily mindfulness practice of up to one hour per day.

Where: Vancouver CBT Centre  
302-1765 West 8<sup>th</sup> Avenue  
Vancouver, BC

When: Weekly Sessions  
Tuesday evenings, 5:30 – 7:30pm  
Starting April 12, 2016

Who: People with depression and/or anxiety

Cost: \$550 including tax  
Includes eight two-hour group sessions, one half-hour individual intake session, weekly handouts, and an all-day session on Sunday, May 29<sup>th</sup>.

How: Contact Sondra or Natasha at [admin@vancouvercbt.ca](mailto:admin@vancouvercbt.ca) or 604-738-7337 for more information or to set up an intake session.