

# **Mindfulness-Based Cognitive Therapy Group**



**for anxiety and depression**

**Service provided by East London NHS Foundation Trust**

# Helping You Live in the Moment to Overcome Recurrent Depression

The '*Mindfulness-Based Cognitive Therapy*' course consists of 8 weekly group therapy sessions aimed at providing participants the opportunity to learn how to manage recurrent depressive symptoms using combined mindfulness meditation and cognitive therapy.

## What does it cover?

Each of the sessions has been tailored to build on the last, with the aim of developing an alternative way of being with our experiences and living 'in the moment'. Skills learnt on the course include -

- Learning a particular way of paying attention to the present moment
- Learning to disentangle from negative automatic thoughts and emotions
- Noticing often unhelpful habits and reactions to events
- Nurturing an ability to respond more wisely to difficulties
- Learning to be kinder to yourself and more accepting of how things are

## Would it benefit me?

The content for the course has been designed to suit a wide range of people experiencing mild-moderate recurrent depressive symptoms. In the sessions you will learn and practice some fairly simple meditations, for example focusing attention on your breathing for periods of time. The teachers will be qualified mental health professionals who are also developing their teaching of mindfulness.



### **How are sessions conducted?**

Sessions are conducted remotely via use of Microsoft Teams and a link to attend all meetings will be provided ahead of each session. For this reason, participants will need access to a laptop, tablet or smartphone, an email address and MS Teams to access these sessions.

The course also involves daily home practice of meditations and it is therefore important to attend regularly and to set aside time to practice at home.



### **When are the sessions held?**

Sessions are 2-hours duration, taking place on a set date and time each week and courses generally run for 8 consecutive weeks. Please contact the service directly for details of group availability or if you need to inform us that you are unable to attend your group sessions.

### **What if I find group therapy is not for me?**

Different things work for different people and group-based support will not be for everyone. For this reason, if you decide that this approach does not resonate with you or fit in with your current lifestyle/situation, please let us



know and you will be assisted in exploring alternative options which may be more suitable for you.

**We hope to see you soon!**



### **Bedfordshire NHS Talking Therapies Service**

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### **NEED URGENT HELP?**

Our service is not staffed to be able to provide urgent help. If you feel you are in crisis, you can make an urgent appointment with your GP to discuss options on how to get the support you need quickly. Alternatively, you can call the 24hr Mental Health Crisis Support Team (for all ages 24/7) on NHS 111 and select option 2. At all times, you can also call the Samaritans on 116 123, or attend your local hospital Accident & Emergency.

