

MINDFULNESS BASED COGNITIVE THERAPY (MBCT) FOR CLINICIANS *MBCT 8 week course*

Course Description

Mindfulness is the awareness that emerges through paying attention in a particular way – on purpose, in the present moment, and non-judgmentally. By allowing us to be fully present, mindfulness helps us become aware of habitual and automatic emotional reactions and let go of them. In this course we will be systematically training in mindfulness to empower you to develop a radically different way of working with difficult emotions and negative thoughts. You will be in a safe and supportive environment for this work and learning through:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga
- Group dialogue and discussions aimed at giving you the skills and understanding to be free from becoming entangled in painful emotions
- Individually tailored instruction

DEPRESSION and ANXIETY

Depression and anxiety are very common problems. As a clinician, you often treat people in your specialty that also struggle to manage anxiety and depression. Among health professionals, depression and anxiety are also common but rarely talked about openly.

- MBCT is an evidenced-based therapy that is effective for:
 - Reducing recurrent episodes of depression
 - Treating active depression
 - Improving the management of anxiety

PREVENTION OF DEPRESSION

Whatever caused your depression in the first place, the experience of depression itself has a number of after effects. One of these is a likelihood that you will become depressed again. The purpose of these classes is to improve your chance of preventing further depression.

In the classes, you will learn skills to help you handle your thoughts and feelings differently. Since many people have had depression and are at risk for further depression, you will learn these skills in a class with clinicians who have also been depressed or anxious.

We will meet in eight 2 ½ hour sessions to learn new ways of dealing with what goes on in your mind, and to share and review your experiences with other class members.

WHY DO THIS WITH OTHER HEALTH PROFESSIONALS?

MBCT is taught in a group format that includes health professionals from a diversity of specialties and disciplines. Taking a class that is focused on improving depression and anxiety with other health professionals from all over the world can be very empowering and normalizing.

Mental health concerns do not discriminate based on gender, education, profession, or class. It can be very hard for anyone in a helping profession, anyone who is expected to be the "expert", to carve out time to care for themselves and to seek help.

HOME PRACTICE

Together, we will be working to change patterns of the mind that often have been around for a long time. These patterns may have become a habit. We can expect to succeed in making changes only if we put time and effort into learning skills. clinical

This approach depends entirely on your willingness to do home practice between class meetings. This home practice may take 30-45 minutes a day, 6 days a week, for 8 weeks. We appreciate how it is often very difficult to carve out that amount of time for something new in lives that are already very busy and crowded. However, the commitment to spend time on home practice is an essential part of the class.

Just like in any class, not everyone does the home practice and that is okay. Some weeks will be easier than others to do the home practice. Having the intention to practice is as important as the goal.

FACING DIFFICULTIES

The classes and the home practice assignments can teach you how to be more fully aware and present in each moment of life. On one hand, this makes life more interesting, vivid, and fulfilling. On the other hand, this means facing what is present, even when it is unpleasant and difficult.

In practice, you will find that turning to face and acknowledge difficulties is the most effective way, in the long run, to reduce unhappiness. It is also central to preventing further depression.

Seeing unpleasant feelings, thoughts, or experiences clearly, as they arise, means that you will be in much better shape to "nip them in the bud," before they progress to more intense or persistent depression. In the classes, you will learn gentle ways to face difficulties, and be supported by the instructor and the other class members.

PATIENCE AND PERSISTENCE

Because we will be working to change well-established habits of mind, you will be putting in a lot of time and effort. The effects of this effort may only become apparent in time. It is much like gardening - we prepare the ground, plant the seeds, ensure that they are adequately watered and nourished, and then wait patiently for results.

ORIENTATION

There will be a brief orientation meeting before the first class which will provide more detailed information about the course. This is an opportunity for you to ask questions and meet the other group members. This is also an opportunity for full informed consent and to verify your technology.

- **This class will be offered live, online with Zoom, including video.**
- Confidentiality will be observed by both participants and instructors.
- MBCT is a class, not group therapy.
- This course includes an all-day silent retreat online (9:30 am - 3:00 pm). Information and details about this will be shared during the orientation.

Please consider waiting to attend this program if you are currently suffering severe symptoms of depression or experiencing symptoms that would prevent you from fully participating in the group and the daily practices.

It may be better to wait until your concentration and energy are improved