



## Mindfulness Course

### 8 Week Evening Mindfulness Course

Mindfulness Based Cognitive Therapy (MBCT) is a course designed to help those who are experiencing depression and chronic unhappiness.

### About Mindfulness Based Cognitive Therapy

The course involves meditative practices to help individuals pay close attention to the present moment, noting their thoughts, feelings and body sensations. It creates the possibility of working more wisely with emotions such as sadness, fear and worry, that are often present with depression.

### How Mindfulness Will Help Your Patients?

It will help them understand what depression is and discover what makes them vulnerable to downward mood spirals, and why they get stuck at the bottom of the spiral.

### Criteria For Referral

GPs and consultants can refer patients or patients can self-refer. Patients do not need a prior assessment with the psychiatrist to start the course.

Patients who have experienced depression and / or anxiety within the last year and who have completed a course of treatment (including any talking therapy and / or medication).

Referrals for patients with a Bi-polar diagnosis will be accepted for assessment, but patients should not be experiencing symptoms at the present time.

### Exclusion Criteria

- Patients who are psychotic or manic
- Patients who may have difficulties concentrating
- Patients who are misusing substances



**MBCT helps reduce rates of depression relapse by 50% among patients who suffer from recurrent depression\***

\*Evidence from two randomized clinical trials



## **MBCT Course Schedule**

**The 8 week evening course starts on the 31st May until 19th July 2018**  
The MBCT course is taking place **every Thursday evening**  
**From 6:00 pm to 8:00 pm** at Nightingale Hospital  
**11-19 Lisson Grove, London NW1 6SH**

The **retreat day** is on Sunday **8th July** from 10 am to 4pm (lunch provided)

### **Recognized Treatment**

The UK National Institute of Clinical Excellence (NICE) has endorsed MBCT as an effective treatment for relapse prevention of depression.

Research has shown that people who have been clinically depressed 3 or more times find that participating in the programme and learning these skills helps to reduce considerably their chances that depression will return.

### **Course Cost**

- Self funding: £375
- Private medical insurance: patients are advised to contact their insurers to see if their policy will cover the course

The total cost includes the 8 weekly sessions and the full day weekend retreat.

Before joining the course all participants are given the opportunity to have a free individual meeting with the therapist leading the course to discuss their aims and expectations.

To join the program contact our therapist  
Gwen Williams  
0207 535 7700 or [mbct@nightingalehospital.co.uk](mailto:mbct@nightingalehospital.co.uk)

More information on our website [www.nightingalehospital.co.uk](http://www.nightingalehospital.co.uk)