



## Mindfulness Course

### 8 Week 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 you pay close attention to the present moment, noting your thoughts, feelings and body sensations. It creates the possibility of working more wisely with sadness, fear and worry, emotions that are central to preventing depression.

### What you will learn

- Increase self-awareness and self-confidence,
- Raise ability to handle stressful situations,
- Learn how to handle your thoughts, moods and emotions more effectively,
- Improve cognitive effectiveness and capacity for decision making,
- Enhance focus and attention.

### 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.



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

\*Evidence from two randomized clinical trials

**The 8 week evening course starts on the 18th January until 8th March 2018  
The retreat day is on Sunday 25th February from 10 am to 4pm (lunch provided)**

### Every Thursday evening

6:00 pm - 8:00 pm  
At Nightingale Hospital  
11-19 Lisson Grove, London NW1 6SH

### Course cost

£375  
Including a free individual assessment  
8 weekly sessions and full retreat day

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)