

# Mindfulness Based Cognitive Therapy (MBCT)

An evidence based and skills focused program to help manage your mood, reduce worry and prevent relapse.

## Who is the program for?

Designed to assist in maintaining wellbeing and prevent mental illness. It is designed for participants who wish to:

- improve mood
- prevent depression relapse
- reduce stress
- manage anxiety
- improve concentration
- reduce worry.

## Program content

- Living in the moment
- Managing worry and rumination
- Emotional acceptance and tolerance
- Relating to negative thoughts
- Relapse prevention.

**Marian**  
Centre

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**About the program**

This program involves learning and practising various mindfulness skills to increase clarity and steadiness of mind when encountering difficult thoughts, feelings and body sensations. These skills then provide a platform for choosing wiser ways of responding in order to prevent the escalation of negative mood and emotion.

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**When is it held?**

This closed group program is held weekly over 6 weeks including one follow up session. Morning tea or light supper is provided.

5.15pm - 5.30pm	Registration and sign in
5.30pm - 8.45pm	Evening group program

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**How to join**

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist or General Practitioner who will assess your suitability and if appropriate, provide a referral.

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**How much does it cost?**

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. All health funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

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**Further Information**

For information on this program please contact our Daypatient Coordinator on

T: 08 9380 4999  
F: 08 9388 3179  
E: [mrn.tlo@healthcare.com.au](mailto:mrn.tlo@healthcare.com.au)



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