

# Mindfulness Based Cognitive Therapy (MBCT)

Mindful Living Program (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

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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 every Thursday for five weeks and also Saturday for weeks four and five. Afternoon tea or morning tea is provided.

- 5.15pm - 5.30pm Registration and sign in
- 5.30pm - 8.45pm Group program
- 9.00am - 12.30pm Saturday group sessions (2)

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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 who will assess your suitability and if appropriate, provide a referral.

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**How much does it cost?**

You will be admitted as a day patient and as such, can claim it via your health fund. All 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 Therapy Liaison Officer  
P: 08 9380 4999 (ext 1180) F: 08 9388 3179  
E: [mrn.tlo@healthcare.com.au](mailto:mrn.tlo@healthcare.com.au)