



# Mindfulness Based Cognitive Therapy (MBCT)

**MINDFULNESS MEANS** maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. When we practice mindfulness, our thoughts tune into what we're sensing in the present, which then helps with managing different types of stress, anxiety and depression.

Our 8-week evidence-based **MBCT COURSE** targets depression in particular, by focusing on 'patterns of mind' that can keep us stuck in overwhelm and unhappiness. MBCT offers a gentle, systematic way to address the tendency to overthink or ruminate, and the tendency to avoid or suppress emotions. It provides another way to experience yourself and life without harsh self-judgement. Research suggests this approach can be as effective for depression as antidepressant medication. MBCT courses are held in-person in major towns and cities in Tasmania and online as well. Sessions run for 2 hours online or 2.5hrs in-person and there is an extra Day of Mindfulness as part of the course, like a mini-retreat.

**THESE COURSES ARE AVAILABLE** for adults living in Tasmania.

They suit people who are experiencing a 'mild to moderate' degree of emotional stress in their life, or who recognise the need to prevent distress as they have some risk factor in their life, such as a stressful job, a health condition, or difficult relationships. They are useful for people who have in the past or who currently experience anxiety or depression and want to learn more about themselves and how to feel better. Courses are NOT suitable for people who are experiencing a life crisis, who are unsafe at home, who struggle with serious mental health problems or who can't be in a group setting. If this is you, talk to your GP about 1:1 counselling until you are in the position to be able to attend a course.



This is NOT group therapy where you "tell your story" and go over your history and events in your life. Our courses are educational – we learn information and practice skills together to make a difference with how we are right now.



**APPLICATIONS ARE ESSENTIAL** and can be made directly by you, online through our website or by phone. You can apply for a specific course or if there is not one available nearby, select the 'waitlist' option and we'll contact you when one is available.

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*MPA programs are fully funded, so therefore FREE for people who meet the eligibility requirements. Our programs are supported by Primary Health Tasmania under the Australian Government's Primary Health Network program.*