

Mindfulness-Based Cognitive Therapy at a Glance

Mindfulness-Based Cognitive Therapy (MBCT) is an adaptation of Mindfulness-Based Stress Reduction for the treatment of recurring depression to prevent major depression relapse. MBCT sessions delivered over 8 weeks, along with mindfulness exercises, help participants determine how to effectively respond to symptoms of depression. The eight core sessions are delivered in group format with homework assignments between sessions and four 2-hour group reinforcement sessions delivered 4–12 months after the eight core sessions. With this approach, clients learn skills to prevent depression relapse; gain awareness of how to relate to emotions, thoughts, and body sensations; and effectively respond to negative experiences and emotions.

What the Evidence Tells Us

Studies show MBCT effectively reduces depressive symptoms and anxiety and can help improve quality of life. MCBT is particularly effective for patients with three or more previous major depressive disorder episodes. MBCT is compatible with other treatments for depression, and it can increase clinical outcomes when combined with usual care versus usual care alone.

Why Your Organization May Consider Implementing MBCT

Your organization may consider implementing MBCT because it is an evidence-based practice with significant positive outcomes. MBCT is recognized worldwide as an effective treatment option for the prevention of major depression relapse. Practitioners in clinical and community-based settings throughout the United States, Canada, and Europe are implementing MBCT and helping their clients improve their lives through mindfulness.

MBCT has been adapted for the treatment of patients with cancer, those who need cardiac rehabilitation, individuals in remission from bipolar disorder, and patients who have been diagnosed with Parkinson's disease.

More Information on Implementing MBCT

- ▶ United States MBCT Web site www.mbct.com
- ▶ United Kingdom MBCT Web site <http://mbct.co.uk/>
- ▶ The National Registry of Evidence-based Programs and Practices Web site <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=239>