



The Little
Company
of Calm

Mindfulness Based Cognitive Therapy



What is the goal of MBCT?

The goal of MBCT is to educate participants on how they can become more aware of their thoughts and moods and not get caught so much in loops of negativity, by using mindfulness and CBT techniques.

What is a principal core theme of MBCT?

MBCT helps participants learn how to recognize their sense of being and see themselves as separate from their thoughts and moods. This disconnect can allow people to become free from thought patterns in which the same negative messages may be replayed over and over.

How would you briefly summarise the programme?

MBCT was developed as a group-skills training programme that would address vulnerability between episodes of recurrent major depression

Tell us more about “disconnect” and “addressing vulnerability”

MBCT is an intervention programme developed to specifically target vulnerability to depressive relapse. Throughout the programme, participants learn mind management skills leading to heightened metacognitive awareness, acceptance of negative thought patterns, and an ability to respond in skilful ways.

What conditions might be helped by MBCT?

Research suggests that MBCT can be effective for helping individuals who have experienced multiple episodes of depression. While it was originally developed to treat depression, it has also been shown to be effective for other uses including:

- ✓ Anxiety disorders
- ✓ Bipolar disorder
- ✓ Depression associated with medical illnesses
- ✓ Low mood
- ✓ Unhappiness
- ✓ Depression-relapse prevention
- ✓ Treatment-resistant depression

When should MBCT not be used?



MBCT is generally used with participants with chronic problems or illnesses, either physical or mental, who are therefore used to dealing with them. Periods of acute illness (or sometimes an acute attack of an existing illness) where patients are dealing with high levels of stress, and can be getting used to dealing with a new and different way of being, are generally not good times to learn mindfulness practice.

If someone is actively suicidal and has no other form of counselling support.

If they are currently abusing drugs or alcohol.

If the participant or teacher feels that this is the wrong approach, or the wrong time given his or her circumstances (such as in the middle of a major life crisis, such as the experience of a recent bereavement, divorce, cancer diagnosis etc)

If a participant is currently psychotic, or out of contact with what is normally considered reality, they are unlikely to be helped by mindfulness meditation and may be harmed.

If the participant is currently suffering from acute depression.

What is the evidence of the benefits of MBCT?

Much like cognitive therapy, MBCT operates on the theory that if you have a history of depression and become distressed, you are likely to return to those automatic cognitive processes that triggered a depressive episode in the past.

The combination of mindfulness and cognitive therapy is what makes MBCT so effective. Mindfulness helps you observe and identify your feelings while cognitive therapy teaches you to interrupt automatic thought processes and work through feelings in a healthy way.

Over the past 15 years, the results of numerous randomized controlled trials have demonstrated that MBCT can be a powerful intervention for people who have experienced clinical depression three or more times. Evidence indicates MBCT may reduce the rate of relapse for individuals with recurrent depression by 50% and is NICE accredited. MBCT has also been applied to mood and anxiety concerns other than depression, with reported success. A 2014 review of the usefulness of MBCT as a treatment modality for several health conditions found the approach may be effective when addressing issues such as depressive relapse, current depression, residual depression, bipolar, anxiety, and food and eating issues, among others.



Who we are

We are Andrew Carton, Joe Glancy, Liz McEvoy, Directors and Mindfulness Teachers of The Little Company of Calm

We work in alignment with the standards for good practice in mindfulness teaching, laid out by the British Association for Mindfulness-Based Approaches (BAMBA)

Andrew Carton is certified through the Foundation course in Teaching MBCT from Oxford University. Joe Glancy has the Certificate of Readiness to Teach Mindfulness Based Courses from the Centre of Mindfulness Research and Practice at Bangor University. Liz McEvoy has been helping us to deliver Mindfulness courses (including MBCT) over the last 6 years as an Assistant Teacher

Feedback

At our most recent MBCT course which took place in Autumn 2019

The course ratings (out of 10) average from 9 participants was 9.5

Here are some of the responses to the question “what did you enjoy about course?”

DL “Hearing different voices in the group, realising that we all struggle to cope at times”

JH “getting back into regular practice. The CBT element was also good and helped me to see how mindfulness can support low mood and anxiety”

SB “that it had something for everyone, regardless of if it was your first time or people had done several other courses and sessions”

Depression and Mental Health (responses)

RH “I think that it's helped me to recognise thought patterns that risk turning into depression – even though I hadn't recognised depressive moments, I certainly have them”

SB “the course explained the links between cognitive therapy and depression and gave me a better understanding of depression and how mindfulness fits in with that”



Over a year and a half later. MBCT revisited (Responses)

"Since the course, I have subscribed to Headspace, and use it when I can and at night if I am struggling to sleep"

"The course helped me to get a good understanding of mindfulness, made me more confident of being able to do it independently and much more aware of the benefits"

"I am much more able to identify stressors and respond to them before they get too much"

Details of the next Mindfulness Based Cognitive Therapy Course.

This accredited 8-week programme is spread over 9 weeks. MBCT draws on core psychological, neurological and insight traditions, and includes a retreat. Mindfulness is clinically recognised as one method that can help with anxiety, depression and physical pain

Title: Mindfulness Based Cognitive Therapy (MBCT)

Suitable for people of all levels of Mindfulness knowledge and experience:

Price: £250 or £150 on-line



Course Description:

Session1.

Awareness and Autopilot.

Session 2.

Living in our heads.

Session 3.

Gathering the Scattered Mind.

Session 4.

Recognising Aversion.

Session 5.

Allowing/Letting Be.

Session6.

Thoughts are not Facts.

Session 7.

How can I best take care of myself.

Session 8.

Maintaining and Extending new learning.

