

# Mindfulness-Based Cognitive Therapy (MBCT)

## *Mindfulness Meditation Courses in Victoria, B.C.*

NOTE: MBCT is a standardized and research-based approach to train the mind-body system usually taught through a dedicated 8-wk program of daily (**at home**) and weekly (**online**) meetings.

**MIND-BODY HEALTH**  
Kyle Cheveldayoff, Psychologist

- Receipts provided for extended health care coverage -

### What is Mindfulness-Based Cognitive Therapy (MBCT)

MBCT was originally designed in the 1990's to help people who suffer from repeated bouts of depression and chronic unhappiness and is now a gold-standard method world-wide to learn the techniques of "**mindfulness-meditation**." It is largely based on the seminal work of Dr. John Kabat-Zinn who created Mindfulness-Based Stress Reduction (MBSR) and later, with a group of psychologists, refined it into MBCT. Over the past two decades MBCT has been shown clinically to positively impact many stress-related disorders by combining aspects of cognitive therapy and meditative practices to cultivate new levels of awareness and attitudes through mindfulness practices. These skills are then applied to everyday life to reduce the negative biological effects that cause stress-related disorders.

### What will MBCT do for my Mind & Thoughts?

The following **8-steps** will be taught (2 hrs/week) with 45-60 minutes of daily practice on your own at home. This repetition will train your nervous system (through neuroplasticity), young or older, experienced or new, to have a new relationship with what arises in each present moment.

1. Teaching you **concentration**, whereby your attention can be focussed and not fragmented.
2. **Awareness and mindfulness** of thoughts, emotions, body sensations, and impulses, which allow for a new pattern of acceptance towards aspects of your life.
3. **Being in the moment**, which is a practice that enables you to recognize when there is a need to incorporate concentration and mindfulness in response to a difficult situation or event.
4. **Decentering of thoughts**, feelings, body sensations, and impulses which allows you to relate to them as events passing in your mind rather than identifying with them in a negative way.
5. **Accepting what is**, teaches the mind to undercut automatic thoughts that in turn create negative mental habits. This facilitates the sixth element which is...
6. **Letting go**, which will teach you how the body scan and mindfulness of breath can interrupt when the mind begins to wander. This will allow you to detach from unwanted thoughts and instead be more grounded, calm, and in control of your present moment.
7. A sense of **being rather than doing**, allows you to detach from vigilantly monitoring of current states that often have false expectations.
8. The awareness related to **manifestation of problems in the body**. This is the medium for relating to experiences differently, as emotions often manifest through bodily dysfunctions.

Over the past twenty years MBCT has been validated to improve symptoms related to many stress-related disorders. There is recent research showing how MBCT can help with cancer, PTSD, self-esteem and many areas where unwanted thoughts, feelings, and sensations are impacting you.

*For more information and upcoming courses contact:*

| [contact@mind-bodyhealth.ca](mailto:contact@mind-bodyhealth.ca) | [www.mind-bodyhealth.ca](http://www.mind-bodyhealth.ca) |