

# *Mindfulness-Based Cognitive Therapy*

at the

## **Vancouver CBT Centre**

The Vancouver CBT Centre is offering an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT) designed to reduce symptoms of anxiety and depression. The group facilitator Dr. Mark Lau, Registered Psychologist has 20 years of experience teaching MBCT groups, training MBCT group leaders internationally, and conducting MBCT research. He has also worked with Dr. Zindel Segal, one of the three developers of MBCT, for 11 years prior to moving to Vancouver.

MBCT combines traditional cognitive-behavioural therapy (CBT) methods with mindfulness techniques, and has been shown to be helpful in decreasing symptoms of depression and anxiety. Through the practice of mindful awareness, participants develop the capacity to relate differently to distressing moods and negative thoughts by strengthening an orientation to the present moment. They will learn to respond more consciously to emotionally laden situations, rather than reacting automatically.

The group program involves weekly attendance at a two-hour session, one full day session, as well as an invitation to engage in daily mindfulness practice of up to one hour per day.

Where: Vancouver CBT Centre  
302-1765 West 8<sup>th</sup> Avenue  
Vancouver, BC

When: This course typically runs three times per year.  
Consisting of eight weekly sessions, one week night evening per week, 5:30 – 7:30pm.

Who: People with depression and/or anxiety

Cost: \$600  
Includes eight two-hour group sessions, a one-hour individual intake session, weekly handouts, and one all-day session.

How: Contact [admin@vancouvercbt.ca](mailto:admin@vancouvercbt.ca) or 604-738-7337 for more information or to be added to our MBCT course mailing list to receive more information regarding our next available course.