



# Mindfulness for life

**Priory's mindfulness-based cognitive therapy (MBCT) group will help cultivate understanding, skills and attitudes that support people to embark on a journey of change. The programme offers a new way to work with difficulties we encounter in our lives and a new way of relating to others and ourselves - a way that includes more contentment, appreciation, wisdom and compassion.**

Mindfulness is rooted in ancient wisdom and practices while cognitive behavioural therapy (CBT) is based on modern psychological science. Each offers ways to become more familiar with the mind and learn to work with the mind more skilfully.

Our 8-week MBCT programme draws from both approaches and is a recommended treatment for depression by the National Institute for Health and Care Excellence (NICE). The programme was developed by the Oxford Mindfulness Foundation (OMF) out of the desire to alleviate suffering and enable people to flourish. The programme includes written materials and homework practices to be completed in between sessions.

## Programme overview

A highly supportive group experience focusing on:

- + Increasing our ability to move into our present experience
- + Increasing our ability to notice where we place our attention and develop protective awareness by stabilising our attention
- + Moving towards attitudes of kindness, compassion, care and balance
- + Becoming more aware of different aspects of our experience
- + Learning a new way of 'being' in the world, through experiential exercises
- + Supporting the ability to step back from our experiences, in order to develop our capacity to respond skilfully, with compassion for ourselves and others

## Programme timetable

The programme will be delivered over 8 weeks. In addition, there is a longer retreat session after session 6, offered as an opportunity to further develop mindfulness skills through experiential learning and practice. The group is a closed group, meaning that all those participating will start on the same date and complete the group together, finishing at the same time. The programme also includes suggestions for personal practice in between sessions to cultivate new habits in daily life.

- + **Session 1:** Waking up from automatic pilot
- + **Session 2:** Another way of being: keeping the body in mind
- + **Session 3:** Gathering the scattered mind
- + **Session 4:** Recognising reactivity
- + **Session 5:** Allowing and letting be
- + **Session 6:** Responding skilfully: thoughts are not facts
- + **Session 7:** How can I best take care of myself?
- + **Session 8:** Mindfulness for life

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us to discuss alternative treatment programmes.

## Our specialists

This course is facilitated by qualified and experienced mental health professionals and fully trained mindfulness practitioners, who have extensive experience supporting people with a wide variety of difficulties.

Although it was originally developed for depression, the original MBCT curriculum works with common psychological processes that contribute to many forms of distress. The efficacy of MBCT in reducing depression relapse is well supported by rigorous research. People who complete an MBCT course show changes in several psychological processes that contribute to improved health and wellbeing.

In our supportive and confidential group sessions, we look at developing a new approach to wellbeing through practice and understanding. Sessions take place in a group therapy format, developed by leading mindfulness researchers at the OMF. You will have the opportunity to share your experiences, receive feedback and connect with others in a structured group setting.

## Further Information and pricing

Our mindfulness for life group programme is available on a self-pay basis. This group is open to anyone who is referred by a healthcare professional or for those who are interested and think this may be beneficial for them. These people are able to self-refer. You don't need to be under the care of a consultant psychiatrist, but if the team felt this was advisable, this would be discussed and arranged with you.

Once we have your referral and completed paperwork, you will be contacted by one of our clinicians for a free telephone assessment. This will give you a chance to ask any further questions and will also help us to determine if the group will be suitable for you and whether you're able to commit to the 8-week programme. A risk assessment, as well as an anxiety and depression assessment are included as part of the telephone assessment.

Each session consists of 2 hours of MBCT. The cost for the group is £250 per session.



## Enquiries and further information

For more information, please contact Priory Hospital Roehampton on **020 8023 6843** or by emailing **roehampton@priorygroup.com**

For the most up to date information on our services, please visit our website.

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