

The Health in Mind service is provided in partnership by:

Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

www.sussexpartnership.nhs.uk

Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

www.turning-point.co.uk

Health in Mind services are free for the residents of East Sussex.

Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).

IAPT is a country wide government initiative to improve access to Talking Therapies.

How to Access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Visit our website:

www.healthinmind.org.uk



Or

Email:

spnt.healthinmind@nhs.net

Or

Telephone:

0300 00 30 130

Lines open Monday to Friday,
9.00am to 5.00pm

If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Less time for things you enjoy?

Have a lot on your plate?

Mindfulness-Based Cognitive Therapy Course

Sussex Partnership
NHS Foundation Trust



Mindfulness-Based Cognitive Therapy

Mindfulness-based cognitive therapy (MBCT) is a group-based course that combines elements of cognitive therapy with mindfulness practice. There is evidence that it can reduce the chances of depression returning and the National Institute for Health and Care Excellence (NICE) particularly recommends it for people who have previously experienced three or more episodes of depression. There is also growing evidence that MBCT can help with a range of other conditions, including stress, chronic pain and some types of anxiety.

“A very useful and helpful course. It empowers people to be kinder to themselves and to find inner peace.”

Why Mindfulness?

Practising mindfulness can help us to notice when we have become caught up in unhelpful patterns of negative thinking, that drag our mood down or make us more anxious. It can help us to let go of such thoughts and bring attention back to the present moment.

Becoming more fully aware and present in each moment of life can feel challenging, but it can also make life more enjoyable, interesting, and fulfilling.

About The Course

A telephone conversation with one of the facilitators prior to the course and an introductory group session provide opportunities to learn more and find out whether or not the course is right for you at this time.

The introductory session provides an opportunity to find out more about the course and decide whether or not it is right for you. The course itself lasts for 8 sessions and each session is 2 hours long. Each week there is a mixture of mindfulness practice, discussion about this practice, and exercises from cognitive therapy. Participants do not need to share their personal histories in the group.

Mindfulness Practice

Mindfulness practice involves bringing attention to present moment experiences (such as breathing or body sensations) as best we can. Inevitably the mind will wander. When it does, we practise greeting this with a sense of patience and gentleness, before guiding our attention back to the present.

The Importance of Home Practice

Learning a different approach takes time and effort. An essential part of the course is home practice of about 30-40 minutes a day. It can be challenging to find this time, but it is really worth it.

“I am now more loving and compassionate and have a great desire to give. I am so much more accepting and forgiving of myself.”

Facing Difficulties

Central to MBCT is learning how to be more fully aware in each moment of life. This means facing what is present, even if it is tough or uncomfortable. In this course you will learn gentle ways to face difficulties and will be supported while doing this. It is recommended that you consider the support you can call on during the course (e.g. family members or friends).

Questionnaires and Feedback

People are asked to fill in questionnaires about anxiety and low mood at each session. This helps us to evaluate the course. We also welcome any comments or suggestions you might like to share about the course.