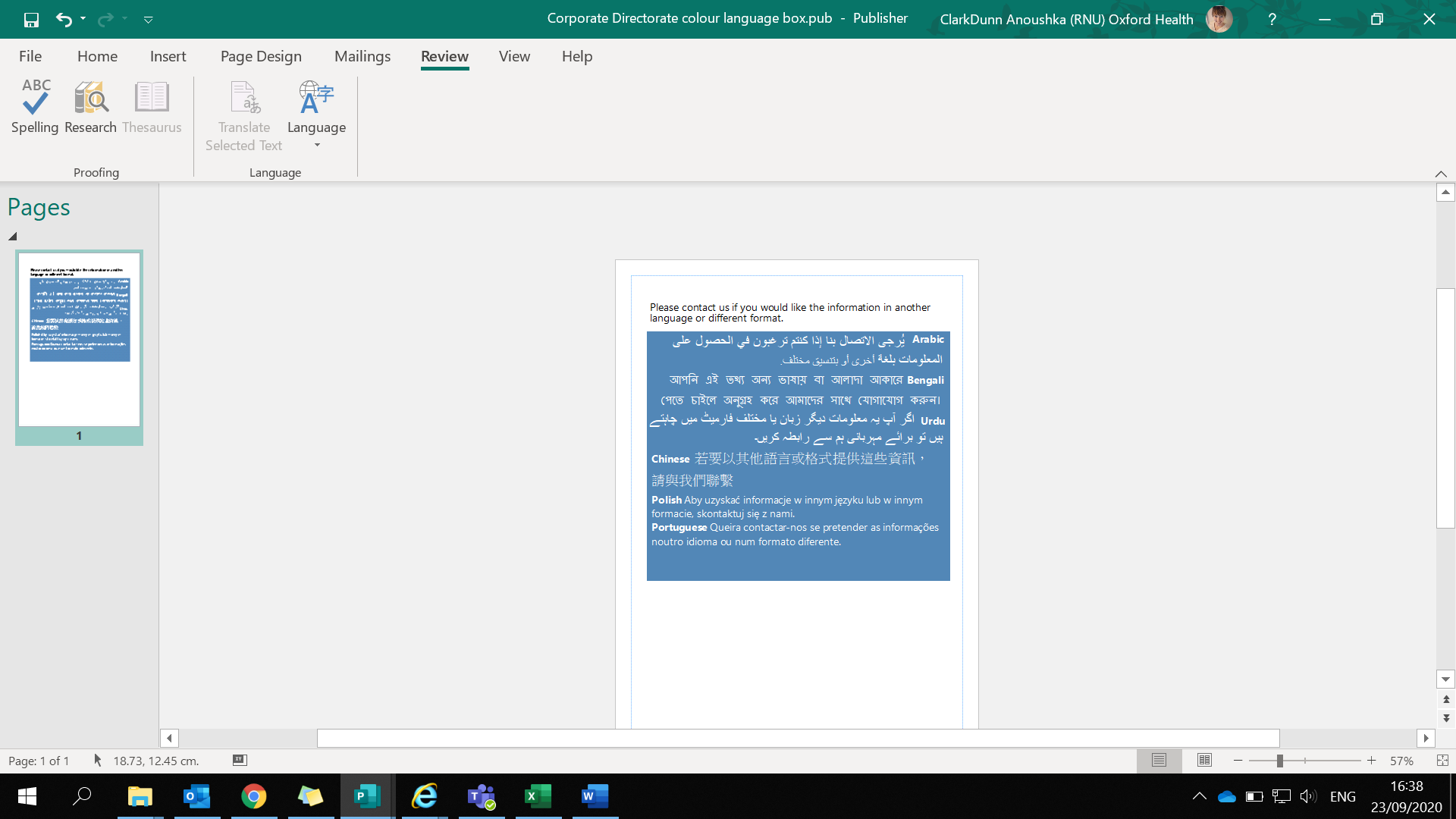
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Adult Mental Health Teams



Become a member of our Foundation Trust  
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*Oxford Health NHS Foundation Trust – Caring, Safe and Excellent*

**Mindfulness Based Cognitive Therapy Class**

Psychological Therapies

Psychological Therapies

Adult Mental Health Teams

**What Happens During a Mindfulness Based Cognitive Therapy (MBCT) Class?**

Psychological Therapies

Adult Mental Health Teams

In the first week we cover introduction, ground rules and expectations for the group. Each week there is a theme that will be explored through the practices and exercises. From week 2, sessions begin with a meditation practice (where we pay attention to our breath or body, for example), followed by reflection on our experiences of the practice. There is then feedback on people’s experiences of home practice during the previous week.

Next there is another short meditation practice and/or cognitive therapy exercise followed by reflections. Finally, we discuss home practice for the following week. If you need to speak to a teacher individually, please raise this with the teacher either just before or at the end of the session.

**Skills You Will Learn During the Class**

MBCT is a skills-based class rather than group therapy. In the classes, you will learn:

* To develop a better understanding of the workings of your mind.
* To recognise your patterns / mental habits – and realise that there are alternatives.
* To stand back a little from distressing thoughts and feelings.
* To recognise early warning signs of distress taking hold and take helpful action when you spot the warning signs.
* To put less effort into trying to ‘fix’ things and strive for results.
* To be kinder and gentler towards yourself.

**Home Practice**

You need to make time for home practice for up to 45 minutes each day, over the 8-week class. You may need to reorganise other aspects of yourlife to fit the home practice in and talk to family or friends about what is involved.

We suggest you experiment with practicing at different times of the day if you find things hard. Try to keep an open mind – you may notice that your experience changes from one day to the next and one week to the next. If things are difficult or something interferes with your practice – don’t give up.You can always start again (and again, and again!!).

**Practicalities**

* **Wear comfortable clothing for the class.**
* **It is important to try to attend every session** - Please let the teacher know if you can’t attend. The sessions build on each other and the teacher will help you catch up on things that you have missed.
* **It can sometimes feel difficult to come back if you have missed a session –Come anyway!**
* **The class can be challenging - there may be times when you do not feel like coming-** Please call the teacher to talk to them; they will discuss any problems you are experiencing.
* **Practical difficulties can get in the way of sessions and home practice** – please feel free to discuss this with your teacher.
* **Physical concerns can make people feel daunted**– for example if you experience pain you may be worried about sitting still for long periods. Please discuss this with the teacher – it is always possible to adapt practices.

**Practicalities**

* **The class will be run on Microsoft Teams or in person** – You will be informed beforehand if the class is in person or online. If it is online a link will be sent to you prior to the class. If it is in person you will be informed of the location and you can request a map ahead of time.
* **After the 8 sessions the teachers will contact you to meet for a follow up –** This will be a one to one meeting, where you can review and discuss if any further support is needed.

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**Potential Challenges**

**At first, practicing meditation in this way may feel strange or unfamiliar –** as best you can, try to keep an open mind.

**It is not obvious at the outset which practices will be helpful** – you may not see the benefits immediately –try and persevere, even if you find things difficult at first. People respond differently and at different rates.

**It can seem very daunting to be asked to practice daily**. However, following the home practice advice is gives you more chance to benefit from the course.

**You may find yourself wanting to give up at times**. This is common. Please speak to your teacher to discuss any concerns that are making it difficult for you.

**Many people feel apprehensive about being in a group.** However, there can also be immense benefits from learning from other people with similar experiences and seeing that you are not alone.

**During the course you may face emotional issues that you would prefer to avoid.** Difficulties you might experience during meditation are often informative**.** You willlearn a different way of responding to these difficulties.

**Patient Feedback**

**“The course has been so helpful- why isn’t this offered to everyone who comes through your service?”**

**“This has been the most helpful intervention I have ever had in all my years in mental health services.”**

**“For the first time in my life, I felt comfortable in a group.”**

**MBCT and the home practice is hard work, and quite difficult at first, but it really helps. You just have to make sure you do it!**

For more information please visit the trust website.