



Oxford Health
NHS Foundation Trust

Oxfordshire Psychological Therapies

Mindfulness Based Cognitive Therapy Class

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What is Mindfulness Based Cognitive Therapy (MBCT)?

MBCT combines adapted Cognitive Behavioural Therapy (CBT) approaches alongside meditation to help us pay attention to the present moment, to become more aware of our emotions, thoughts/images, bodily sensations, and reactivity.

Through understanding these patterns, we are more able to understand our patterns of distress. Paying attention non-judgementally enables us to choose more skilful action to prevent ourselves following unhelpful habits that maintain distress.

MBCT has been thoroughly researched and is recommended by National Institute for Health and Care Excellence (NICE) guidelines for people with recurrent depression. There is also good evidence that MBCT can be helpful for other kinds of distress.

What happens during a MBCT class?

Classes run weekly for eight sessions, for two hours each. Normally there would be up to twelve to fifteen people in the group. Each week there is a theme that will be explored through meditation practices and cognitive therapy exercises. Every practice and exercise are followed by reflections on this from people in the group. There is a regular space to discuss the home practice.

In the classes, you will learn to:

- Develop a better understanding of the workings of your mind.
- Recognise your mental patterns and realise that there are alternatives.
- Be kinder towards yourself.
- Stand back a little from distressing thoughts and feelings.
- Recognise early warning signs of distress taking hold and take helpful action when you spot the warning signs.

Home practice

You need to make time for daily home practice over the eight-week classes to practise skills learnt, try to keep an open mind about this. You may notice that your experience changes over time. If things are difficult, don't give up. You can always start again.

Practicalities

- We ask you to attend every session as the sessions build on each other.
- After the eight sessions the teachers will contact you to meet for a one-to-one meeting, where you can review and discuss what you found helpful, and if any further support is needed.
- We suggest wearing comfortable clothing for the class.

Potential worries

- At first, practicing meditation may feel unfamiliar, but try to keep an open mind. It is not obvious at the outset which practices will be helpful and you may not see benefits immediately.
- It can be daunting to be asked to practice daily however, home practice gives you more of a chance to benefit from the course.

- Many people feel apprehensive about being in a class however, there can be immense benefits from learning from other people with similar experiences.
- During the course you may face emotional issues that you would prefer to avoid. Sitting with your thoughts and feelings can be very difficult but offers us information and the chance to learn different ways of responding to them.
- You are not alone if you find learning meditative practices difficult, but the benefits can be immense if you stick with it. Mindfulness offers a space for yourself that you can access whenever you choose, for three minutes or three hours.

Patient Feedback

"Very good course, [therapist] and [therapist] were excellent, always aware of needs of the group and catered for them always. Highly enjoyed!"

"I feel very lucky to have received this kind of support and hope that this quality of care continues to be available to anyone who can benefit from it."

"Many thanks to [therapist], [therapist] and [therapist] for the kindness & patience throughout the course. It is difficult living with mental health problems, but the team made me feel very welcome. Although challenging, I would recommend the course to those in distress for an alternative way of existing with troubling thoughts & emotions."

How can I contact Psychological Therapies?

Email

Oxon.psychologicaltherapies@oxfordhealth.nhs.uk

Telephone

01865 902 005.

Address

Oxford Health NHS Foundation Trust

Adult Mental Health Team

Psychological Therapies

May Davidson Building,

Warneford Hospital, Warneford Lane,

Headington, Oxford OX3 7JX

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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