

## ***Mindfulness Based Cognitive Therapy – an Introduction***

### Context

Mindfulness Based Cognitive Therapy (MBCT), an indicated preventive intervention for major depressive disorder (MDD) delivered through group instruction, combines meditative exercises with CBT techniques. Based on Mindfulness Based Stress Reduction, CBT strategies are selected such that mindfulness skills can be specifically employed in avoiding depressive relapse.

### Objectives.

This workshop in MBCT will:

- Estimate population need for such a preventive intervention and its potential effect on prevalence
- Describe understandings of rumination as a factor in depressive relapse.
- Describe theoretical background to the action of MBCT
- Describe the MBCT course in terms of stages and activities
- Introduce, experientially, key experiences involved in the course as instructor and participant
- Describe the developing evidence base.
- Consider co-prescribing in the context of treating an MBCT participant
- Describe training requirements and opportunities
- Describe issues in adaptation of MBCT to acute phase treatment and to working with people with other disorders than MDD.

### Key Messages

- MBCT is a promising intervention for people with several prior episodes of MDD.
- Personal familiarity with meditation practice is required to lead MBCT but can be developed through training courses
- Selection and preparation of patients for participation in these groups is important in maximising success and minimising the possibility of adverse responses.

### Conclusion

MBCT is proving an important addition to available strategies for relapse prevention of MDD. Most clinicians may not deliver MBCT but should be aware of it and have an informed view regarding its role and application.