

Mindfulness based cognitive therapy (MBCT)

A description and evaluation of seven clinical courses

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MBCT

Mindfulness based cognitive therapy combines training in meditation with elements of cognitive behavioural therapy.

It is a group-based skills development programme which includes 8 x 2 hour sessions over consecutive weeks and an hour a day of 'home practice'.

Evidence base

Meta-analyses attest to the effectiveness of MBCT in anxiety and depression¹. The National Institute for Health and Care Excellence² and the American Psychiatric Association³ advocate MBCT for adults with recurrent depression.

A recent RCT in the Lancet⁴ suggested that MBCT was as effective as maintenance antidepressants in preventing depressive relapse over a two year follow up period.

There is good evidence that learning mindfulness can effectively alleviate stress and improve quality of life.

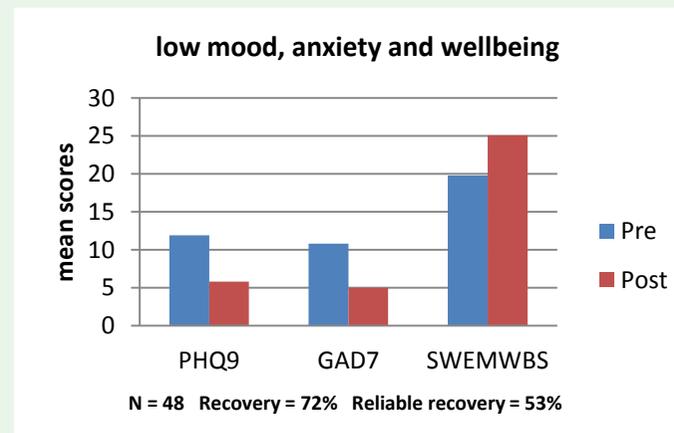
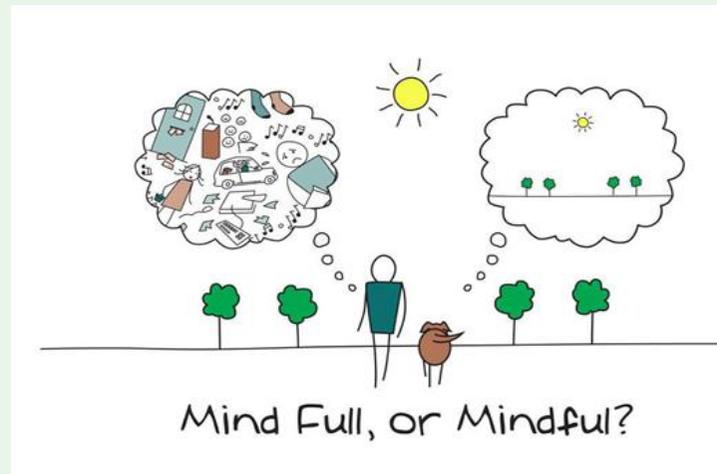
A new TEWV Mindfulness team

TEWV is now providing courses of MBCT for adults (including older people) in three geographical localities: Durham Dales, Middlesbrough and Hambleton & Richmondshire.

The courses are for two distinct target groups:

1. People who have repeated episodes of depression.
2. Individuals who are stressed by caring for or parenting someone with mental health problems / developmental difficulties.

The courses are accessed by self-referral and take place in community venues such as church meeting rooms.



Mean ratings from feedback forms (0-10)

- How important has this course been to you? - **9.1**
- How helpful has this course been to you? - **9.1**
- Quality of teaching? - **9.6**

How likely to recommend to others?

- Extremely likely - **93%**
- Likely - **7%**

Quotes from feedback forms

'I have been in therapy for depression and PTSD on and off for several years and yet this course has made more difference to every aspect of my life... it has shifted my patterns of thinking and previous "default" settings.'

'This was almost a lifesaving experience for me.'

'The practices are making a clear and positive impact on how well I can cope with stress, depression, grief and pain.'

'I was at rock bottom with no motivation to do anything...now with regular practice, I am hopeful about the future and am motivated to do more with my life.'

References

1. Shonon et al (2016) *British Medical Journal*, 9/1/16
2. NICE (2009) Depression guidelines
3. APA (2010) Major depressive disorder guidelines
4. Kuyken et al (2015) *The Lancet*, 4/7/15

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