

RELIEVE DEPRESSION AND ANXIETY with Mindfulness-Based Cognitive Therapy

An 8-week course designed to help prevent
repeated bouts of depression and chronic unhappiness

Mindfulness-Based Cognitive Therapy (MBCT) is a new approach which combines cognitive therapy principles with meditative practices and attitudes that facilitate the cultivation of mindfulness.

MBCT developed out of the discovery that even when people recover from depression, the link between negative moods and negative thoughts remains ready to be re-activated, making them vulnerable to downward mood spirals and recurrence of depression. By incorporating practices from the highly effective Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn nearly 30 years ago, as well as the latest in brain science research, MBCT teaches people how to prevent mild states of depression from spiraling out of control.

While MBCT has been proven to help prevent relapses in those who have had two or more depressive episodes, recent studies also suggest it can be effective in relieving the severity of symptoms for individuals with anxiety disorders or bipolar disorder. When people practice mindfulness, which is a type of attentional training, their brain functions improve in ways which allow them to respond better to upsetting situations and thoughts.

Participants are also expected to do about 1 hr/day of homework exercises, using the course text and CD.

COURSE DETAILS:

- **New classes beginning February 18 and 19, 2010**
- Thursdays in Castro Valley, Fridays in Pleasanton
- Contact me for specific times and locations
- Limited class size (6 - 12 participants)
- Regular course fee is \$320 (that's \$20 per class hr)
- Discount for current or former patients
- Credit/debit cards accepted



Course Facilitator: Rebecca A. Stanwyck, LCSW, is a licensed psychotherapist with over twenty years' experience using cognitive and behavioral therapies to treat depression, anxiety and related issues. She has taught classes on parenting, stress management and substance abuse. She has also practiced meditation, yoga and other mindfulness practices for many years. She has a private practice in Castro Valley and Pleasanton, CA, specializing in addiction and recovery as well as depression, anxiety, stress and relationship counseling.

License #LCS12569

For questions or to schedule a brief intake interview, contact Rebecca:

(510) 881-2540 or
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