

8 Week Mindfulness-Based Cognitive Therapy for the prevention of depression relapse course for professionals in March/April 2009

Dates: 3/3/09 - 4/21/09, Tuesdays, 6.00 pm - 8.30 pm.

Silent retreat day is Saturday, April 11th. 9.30 am - 3.30 pm

Cost: \$350 which includes 3CDs and weekly handouts.

Location: 996 South Main Street, Suite 2C, Stowe, VT 05672

Pre-registration required: please contact Susan Woods at (802) 253 2550.

Mindfulness-Based Cognitive Therapy (MBCT) is an innovative eight-week program that uses mindfulness meditation along with elements of cognitive therapy to teach people how to understand the landscape of depression and identify relapse triggers. The MBCT program provides participants with the structure to develop a different relationship to chronic sadness by strengthening an innate ability to observe body sensations, thoughts and emotions as transient events rather than intractable facts. This can then provide an opportunity to choose how to respond wisely as well as for developing an action plan outlining strategies to stay well.

The practice of mindfulness strengthens the ability to live in the present thus reducing the tendency to be in a mode of mind that we can call 'automatic pilot'. This type of thinking typically involves worrying about the future and/or ruminating about the past. Mindfulness develops an inner confidence for the process of awareness and observation. Over time this strengthens patience and fosters compassion towards difficult thoughts and feelings which leads to the possibility of responding rather than reacting to difficult situations, thoughts and emotions.

This course is for professionals interested in teaching the MBCT program and in learning more about the implementation of mindfulness in clinical practice. We will examine and follow the structure of the MBCT program, practice mindfulness and discuss the relevance of teaching general mindfulness skills to our clients.

Susan Woods, M.S.W., L.I.C.S.W., has practiced meditation and yoga since 1981. She is a psychotherapist in private practice where she teaches Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) groups and is a certified MBSR teacher. She trains health care professionals in mindfulness-based interventions and

teaches Mindfulness-based Cognitive Therapy professional training programs nationally and internationally. She is a contributing author to the "Clinical Handbook of Mindfulness" to be published in the fall of 2009. For further information please visit, www.slwoods.com