

Zindel Segal and Susan Woods

Mindfulness-Based Cognitive Therapy

*A 5-Day Professional Training for the
Prevention of Depression Relapse*

Mindfulness-Based Cognitive Therapy (MBCT) is an innovative program designed to prevent relapse in people who have recovered from unipolar depression. Based on the research of Drs. Zindel Segal, John Teasdale, and Mark Williams, and documented in their book *Mindfulness-Based Cognitive Therapy for Depression*, the program combines the practice and clinical application of mindfulness meditation with the tools of cognitive therapy.

This workshop emphasizes the importance of the clinician's own meditation practice and self-inquiry, especially how to bring self-knowledge gained through sustained meditative practice to bear on helping clients in emotional distress.

The heart of this work lies in encountering those modes of mind that often characterize mood disorders, while simultaneously learning to develop a new relationship to these modes.

This program explores through role-plays, simulated classroom, and patient-practitioner encounters, the actual application of mindfulness practices in teaching MBCT to clients. This rigorous course mixes didactic, experiential, and small group learning, and includes daily meditations, yoga, and periods of silence.

☑ *Enrollment is by application only, is limited to 50, and requires a \$10 nonrefundable application fee (payable to Omega). For more information, visit eOmega.org.*

Zindel Segal, PhD, holds the Morgan Firestone Chair in Psychotherapy in the department of psychiatry and psychology at the University of Toronto, and is also a professor in the departments of psychiatry and psychology. He is the director of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health. mbct.com

Susan Woods, LICSW, is a licensed psychotherapist in private practice and has been practicing yoga and meditation since 1981. She teaches MBCT, is a certified Mindfulness-Based Stress Reduction (MBSR) instructor, and trains health professionals in mindfulness-based approaches nationally and internationally. slwoods.com



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