

RELIEVE DEPRESSION AND ANXIETY

with Mindfulness-Based Cognitive Therapy

Improve mood, resilience & brain function in just 8 weeks!

Mindfulness-Based Cognitive Therapy (MBCT) has become the most empirically well-validated psychological treatment with a meditation basis.

MBCT was developed in response to 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 very effective Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn over 30 years ago, as well as the latest in brain science, MBCT teaches people how to prevent mild states of depression and anxiety from spiraling out of control.

MBCT has been proven to be as effective as medication (without the side effects) in preventing relapses of depression, and in relieving the severity of symptoms in anxiety disorders or bipolar disorder. After just 8 weeks of MBCT, participants' brain function and mood regulation improve in ways which allow them to respond more effectively to distressing situations, emotions and thoughts.

WINTER 2019 GROUP:

- **Free Orientation session, 1/10/19, 6-7 pm**
- Group meets Thursdays, 6 – 8 pm, for 8 wks, 1/24 through 3/21/19, in Pleasanton
- Group is limited to 8 participants, who will be expected to do daily practices, 30-60 min/day
- Course fee is \$390, which includes *The Mindful Way* workbook and 2 CDs with guided meditations
- **Early bird registration: \$315 by 1/17/19**



Course Facilitator: Rebecca Stanwyck, LCSW, is a licensed psychotherapist with over 25 years' experience using cognitive behavioral therapies to treat depression, anxiety, and related issues. She has taught classes on parenting, stress management and treating substance abuse; and has practiced yoga and meditation for many years. She has received specialized training from the psychologists who developed MBCT, and has been teaching it since 2011. She has a private practice with offices in Castro Valley and Pleasanton. For more info, see her websites: www.rebeccastanwyck.com and www.mindfulness-eastbay.com

For questions, or to register for the course, contact Rebecca at:

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