

Mindfulness-Based Cognitive Therapy

Mindfulness-Based Cognitive Therapy (MBCT) is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them. MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Source: Your Guide to Mindfulness-Based Cognitive Therapy <http://mbct.com/>

Resource Links:

- 1) Mindfulness-Based Training Institute <http://mbpti.org/mbct-mindfulness-based-cognitive-therapy/>