

The VK Wellness Presents

MINDFULNESS BASED COGNITIVE THERAPY

WITH KARA FOGWELL, RSW, RCC



The VK
Wellness
Initiative

www.vkwellness.ca
604-578-8135
kara@vkwellness.ca

INTRODUCTION

Mindfulness-Based Cognitive Therapy (MBCT) is an 8-week group therapy program that uses mindfulness to re-shape the cognitive/behavioural experience. Over 8-weeks, participants are introduced to mindfulness concepts and practices that facilitate the experience of being in the present moment, rather than lost in thinking and worry about the past or future. It is useful in the treatment of anxiety, chronic stress, and to prevent re-occurring depression episodes.



MINDFULNESS THEMES

*Week 1 Awareness and automatic pilot
Week 2 Living in our heads
Week 3 Gathering the scattered mind
Week 4 Recognizing aversion
Week 5 Allowing and letting be
Week 6 Thoughts are not facts
Week 7 How can I best take care of myself
Week 8 Beyond MBCT*

PROGRAM SPECIFICS

- *Intake interview*
- *Sessions are 2-2.5 hours*
- *Daily home practice is recommended*
- *Sessions include mindfulness practices and cognitive therapy exercises*
- *NOT traditional talk group therapy*
- *No previous mindfulness experience required*
- *Video-conference format*
- *Cost: \$500*
- *Option for 4 hour silent retreat experience (\$100)*

