

CHANGING MEDICINE.
CHANGING LIVES.®



Winter 2020

Mindfulness-Based Cognitive Therapy

MBCT is a method that integrates mindfulness meditation and cognitive therapy. Scientific research supports that it is effective, when practiced consistently, for prevention of depression relapse. For some, it may help reduce or eliminate the use of anti-depression medication. It can also be helpful in relating skillfully to anxiety.

Participants will develop present-focused attention that engages the body, mind and heart in relating more effectively to patterns of thoughts, emotions, bodily sensations and reactive patterns that may contribute to depression. Learning to acknowledge one's internal and external experiences with acceptance and exploring them with curiosity and compassion supports greater access to inner wisdom and the creation of new patterns of skillful responses. This 8-week program includes one extended session on Saturday.

Wednesdays, Jan. 22-March 11

10 am– Noon

University of Iowa Hospitals and Clinics

Extended Session: Feb. 29, 9 am – 3:30 pm

Deadline: Jan. 16

Interested? Contact us:
mindfulness@uiowa.edu
319-384-5089

uihc.org/mindfulness-programs

