



Free Online Course

Mindfulness-Based Cognitive Therapy Course

MBCT combines traditional cognitive behavioral therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress, distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and it is highly recommended you set some time aside each day for daily home practice to be able to optimize new skills. You will be given links to online guided meditations to support your daily practice.

**Available to people who live, work and study in
Blackpool, Lancashire or South Cumbria**

All recordings available for 72 hours after the live event



Scan here to
visit our website

1 hour introduction session at 1pm on Monday 10th June 2024

Followed by 8-week online course, 2-hour sessions from 1pm – 3pm

Dates: Monday 17th 24th June, 1st 8th 15th 22nd 29th July & 5th August

A personalised link will be emailed to you, with recordings accessible for 72 hours

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: **bfwh.talkingtherapies@nhs.net**

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

f Blackpool Talking Therapies

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.

Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust