

# Mindfulness

## BASED COGNITIVE THERAPY

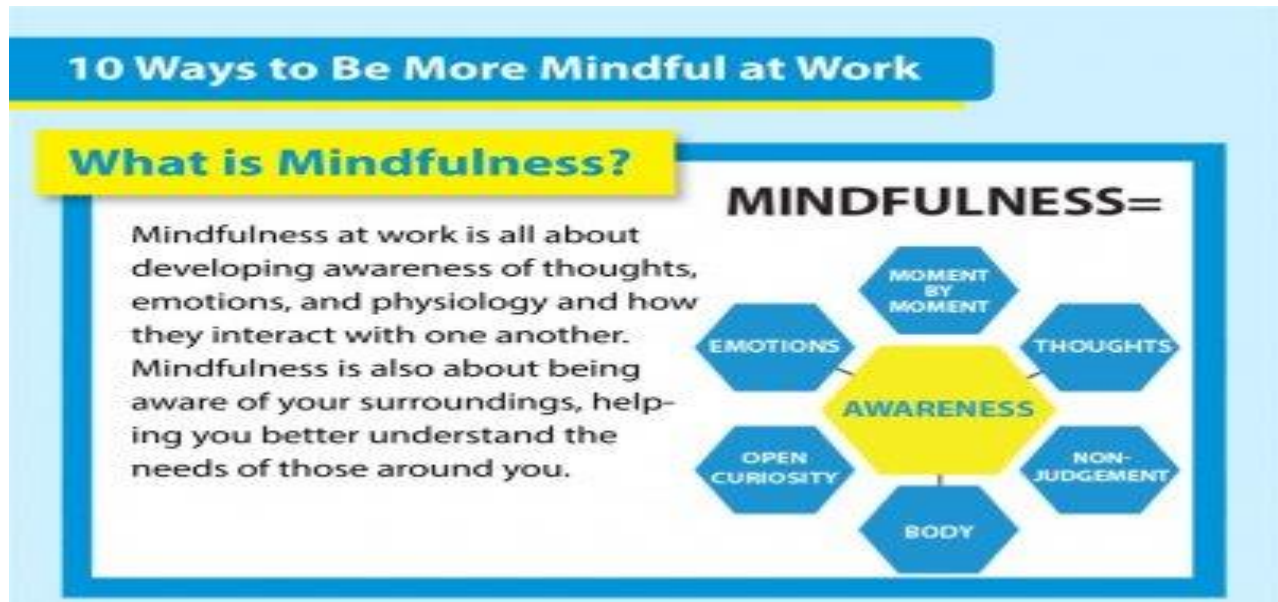
## 正念認知治療法



# Mindfulness-Based Cognitive Therapy (MBCT) group

Based on an Evidence-Based model at the Oxford Mindfulness centre in England  
& the Centre For Mindfulness Studies in Canada

It is recognized as the effective psychotherapy by the National Institute for Clinical Excellence in 2004



## Where did mindfulness come from?

For thirty years, Dr Jon Kabat-Zinn pioneered the integration of Mindfulness meditation in mainstream medicine and healthcare. The Stress Reduction Clinic has taught Mindfulness-Based Stress Reduction at the University of Massachusetts Medical centre since 1979. More than 500 hospitals, clinics, and medical centres around the world have carried out these programs.

## Evidences from medical researches and reports have proved to gain the following benefits:

- increase self regulation to negative emotions, such as, fear, anxiety, anger, sadness, shame.
- facilitate positive changes on brain
- better quality of sleeping, memory and concentration
- face life challenges with more ease and clarity
- reduce chronic pain
- promote empathy and positive connections with others

## Content:

- Paying attention to thoughts, emotions and the body sensations
- enhancing self awareness of negative states and unhelpful automatic reactions
- using mindfulness and CBT (Cognitive Behavioural Therapy) exercises to shift unhelpful attitudes
- cultivating compassion which can alleviate stress from work, close relationships and chronic pain
- reducing habits of unhelpful automatic reactions and develop choices in responding to distress
- developing skills: what to do when low moods and anxiety arise

## Format:

- 6 weeks 2 hours lessons
- Mindfulness practices including body scan, mindful breathing, mindful body stretching, 3 minutes breathing space with difficulties
- mindful group sharing and communication
- daily home practice of about 45 minutes each day to maximize the benefit
- each group is limited to 25 participants

## Instructor:

Natalie Cheung, a registered social worker (master's level) and a psychotherapist, who completed the Mindfulness-based Cognitive Facilitation Certificate.

# 正念認知治療課程

## Mindfulness- Based Cognitive Therapy (MBCT)

課程以 Oxford Mindfulness Centre in England & Centre For Mindfulness Studies in Canada 的「正念認知治療」課程為基礎, 此療法獲英國國家優質臨床治療學院 (National Institute for Clinical Excellence, 2004) 認可

透過正念練習和互相分享, 了解自己面對壓力時身心所習慣的反應模式, 開始從另一角度觀看事物, 培養覺察力, 正念態度, 從而能夠更深邃的理解力, 從「慣性反應」中跳出來, 減低焦慮與緊張感。當身心維持平衡安穩, 便能更有智慧地回應現實、更有技巧地應對困難, 重新享受自由自主的生活。

### 最新臨床科學實證顯示, 持續保持正念練習, 能達到以下提昇身心健康的成果:

- |            |             |            |
|------------|-------------|------------|
| *改善記憶力及決策力 | *提升人際關係滿意度  | *舒緩壓力與緊張情緒 |
| *提升情緒智商    | *穩定血壓, 改善失眠 | *提升免疫能力    |
| *頭腦更清晰及專注  | *減低長期痛楚     | *減低焦慮和憂傷   |

### 課程目標

- 認識正念理論
- 體驗正式和非正式的正念練習
- 在日常生活中能細心觀察自己的思想、情緒和身體感覺
- 重整散亂的心, 當負面情緒出現時, 能更有技巧地回應

### 內容

- 覺察思想的「自動導航」模式
- 活在思想中
- 重整散亂的心, 整頓心身
- 覺察厭惡感
- 容讓事物「如其所是」
- 想法不一定是事實
- 如何善待自己
- 維持與擴展新的學習

### 課程形式

- \*正念練習 (靜觀進食、身體掃描、覺察伸展、靜觀呼吸、靜心步行、靜坐、呼吸空間練習)
  - \*短講、小組討論和分享
  - \*家課練習
- (每天約 45 分鐘, 在盡量出席所有課堂之餘, 參加者必須願意用課餘時間練習, 以達到最大效果.)

### 參加人數上限: 25 人

### 教練:

Natalie 女士是註冊社會工作者 (碩士) 和心理治療師  
完成正念研究中心頒發的正念認知療法 (MBCT) 促進證書