

# MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) EXPERIENTIAL COURSE

*An 8-week experiential course for **mental health practitioners** facilitated by Dr Gregor Lange*

Mindfulness-Based Cognitive Therapy (MBCT) was developed by Mark Williams et al., based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction programme (MBSR).

The MBCT programme was originally designed to help people who suffer from repeated bouts of depression, but is increasingly recognised as a way that anyone can use to deal more skillfully with the stresses and strains of daily living.

The course takes the form of 8 weekly 1.5 hours sessions. A set of handouts and Guided Meditation audios accompany the programme, so that participants can practice at home daily, throughout the course.

The course is designed for people who would like to explore the possibility of integrating MBCT into their lives, and perhaps their clinical practice. Attending an MBCT course and establishing a personal mindfulness practice are the first steps in becoming a qualified MBCT trainer.

**Dates:** Wednesday, 4<sup>th</sup> March - 22<sup>nd</sup> April

**Time:** 6-7.30pm

**Cost:** S\$1100 (early bird discount available)

**Venue:** National University of Singapore

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**Dr. Gregor Lange, B.A., MSc., D. Psych. Sc.**

Senior Lecturer NUS, Clinical Supervisor, Consultant Clinical Psychologist

Gregor has been working with families, couples and individual adults with a variety of emotional and behavioural problems for more than 10 years. He has integrated various mindfulness practices into his work (e.g. ACT) and completed the MBCT teacher training with the Oxford Mindfulness Centre. He also teaches a module on Mindful Psychology at NUS.

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