

Mindfulness based cognitive therapy - What participants feel about it



This leaflet is for people who feel they might want to participate in a course of mindfulness based cognitive therapy (MBCT) run by the NHS. It offers some comments drawn from feedback that people in Sussex have given after taking part in courses.

These people were referred by GPs, following a shorter or longer history of depression, anxiety, obsessive-compulsive disorder, panic attacks or a similar kind of difficulty; some had been taking antidepressants.

🐼 *Some things that people say about life after an MBCT course*

- My OCD and other emotional difficulties have been calmed by my MBCT training.
- It helps me accept that good and lovely things happen all the time, as well as the painful, difficult and unsatisfying things that I routinely expect. I have faith now in my ability to find contentment even though there is hardship.
- I feel I am out of the black hole. Although I am still standing next to it, MBCT helps me stop falling back in.

🐼 *Some things that people continue to use after an MBCT course*

- The course helped me to use aspects of experience that are always available to us at any time, like breath. I use these as resources, to achieve balance and calm - for example, when 'the dreadfuls' set in at 5am.
- One of the readings used in the course encompasses so many things that I now use it to calm myself after a bad day.
- Every day since the course, over three years ago, I have thankfully given a piece of time to 'sitting' (mostly, mindfulness of breathing). It's a wonderful, unhopd-for gift, a blessing. It's as much a part of my life as breakfast.

🐼 *Some things that people noticed and appreciated, participating in an MBCT course*

- It's a group, but not 'a therapy group'. The leader, teacher or guide is not acting as a therapist but as a wise and experienced participant. They are using just the same skills and practices as those that we are being invited to taste and take up for ourselves.
- It's very in-the-body rather than in-the-head, a practice session rather than a talk-shop.
- They were teaching us meditation, without any religious or mystical overtones - very practical, a training in skills to be used in everyday life.