



April 10, 2018

Dear Colleagues,

I am pleased to announce that **Mindfulness-Based Cognitive Therapy (MBCT)** will now be available in the Western Communities.

Our first 8-week MBCT group session is scheduled for May-June, 2018, co-facilitated by Marisa Collins, MD MHSc CCFP FCFP, and Matthew Biehn, MSW RSW. This *Mindfulness West* MBCT program is offered in partnership with the Westshore AVI Health Centre, 111-2787 Jacklin Road in Langford.

We are now accepting referrals from physicians and mental health professionals. This program is covered by MSP. Please see attached information on **How to Refer** and use the accompanying **MBCT Referral Form**.

What is Mindfulness-Based Cognitive Therapy?

MBCT was developed as a manualized, skills-based, group therapy programme for people with recurrent depression. MBCT combines elements of cognitive therapy with mindfulness meditation practices, with the objective of helping people relate differently to distress. Randomized clinical trials support the efficacy of MBCT for preventing relapse in people who have experienced previous episodes of depression.

Because its central principles are transdiagnostic, MBCT is considered a beneficial intervention for a broader range of conditions than depression and anxiety. Research suggests that MBCT can be helpful for patients with mood or anxiety symptoms associated with chronic pain, chronic disease and cancer, for health anxiety, stress, chronic fatigue syndrome and substance use disorder.

In addition to patient referrals, we welcome one or two health care professional colleagues to join each 8-week program as “participant observers”. Attending an MBCT program serves as an excellent introduction to mindfulness-based interventions - whether your intention is to better advise and care for patients, to learn new skills for personal stress-management (not that we physicians are ever stressed or depressed), or to take first steps toward training to becoming a mindfulness-based program facilitator. Please contact us if you are interested in being a “participant observer”.

Starting in September we will also offer Mindfulness-Based Relapse Prevention (for substance use) and Mindfulness-Based Stress Reduction (originally developed for chronic pain and chronic disease).

If you have any questions about Mindfulness-Based Cognitive Therapy or future program offerings, please contact us at mindfulnesswest@outlook.com or visit www.mindfulnesswest.ca

Sincerely,

Marisa Collins, MD MHSc CCFP FCFP

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