

MINDFULNESS & COMPASSION BASED COGNITIVE THERAPY (MBCT) Group Therapy Program

Program Includes:

1 Individual Intake Session

12 Weekly 90-Minute Group Meetings

Led by Perry Passaro, Ph.D.



THIS PROGRAM CREATED FOR ADULTS WHO:

- Struggle with mild to moderate depression or anxiety
- Are currently in treatment but are looking for opportunities to accelerate progress
- Have completed therapy but want to improve coping skills to prevent relapse

Our evidence-based program uses attention training to alleviate difficult emotions and negative thinking. Through mindfulness and cognitive therapy, you'll learn to be more accepting of others and change your relationship with your own thoughts and emotions, minimizing symptoms of anxiety and depression.

PARTICIPANTS WILL LEARN TO:

- Reduce negative self-judgment and strengthen self-compassion
- Incorporate mindfulness into daily life
- Develop a contemplative practice of daily meditation and journaling
- Live fully in the present moment

**New groups are forming now.
To learn more, please call 949-222-2848**



**Anxiety & Depression
Center**
COGNITIVE BEHAVIOR THERAPY SPECIALISTS

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