

Mindful Cognitive-Behaviour Therapy Program

What Is It?

This is a 10-week course offered through the Toronto Western Hospital Community Mental Health Program for people who suffer from stress, anxiety, and mood related conditions. The course is being led by Dr. J. Reichmann M.D., FRCP (C), Beta Leung M.A.,OT (C), and Paul Freedman M.S.W., R.S.W.

When and Where?

This course takes place during **daytime** office hours on Wednesdays at 489 College Street, Suite #302 (1 block west of Bathurst St.). **The course is held three times a year, winter, spring and fall.**

What Will I learn?

This course integrates the practice of mindfulness meditation with cognitive-behaviour therapy. Mindfulness entails bringing awareness to your moment-to-moment experience in a nonjudgmental, gentle and accepting way. The practice of mindfulness meditation helps you to live more fully in the present, as well as let go of the past and worry less about the future. You will learn a variety of meditations skills that will help you to achieve this. Cognitive-behaviour therapy involves learning to change your behaviour as well as your thinking in order to change how you feel. In this program, you will learn how to do this in a gradual, step-wise process that will allow you to better manage your negative thinking patterns. In scientific studies, both mindfulness meditation and cognitive-behaviour therapy have individually been shown to be highly effective in decreasing anxiety and mood related symptoms. This course integrates these two approaches and utilizes the strengths of each in order to more effectively facilitate the other. Home practice assignments, handouts and CD's are provided to assist you in developing these skills.

How Do I Enroll?

If you are interested in enrolling for this course, have your family physician or a mental health professional, with whom you are currently working, mail or fax us a referral. A referral form is available by calling the program and also on the UHN website. Once your referral form is received, you will be contacted and asked to attend a group orientation/interview to determine suitability for the program. **The person who refers you should be available to you individually for primary care or urgent concerns while you are enrolled in the program.** We are asking for a fee of **\$50.00** to cover the cost of materials.

Please have the referral sent to the following address:

**Community Mental Health
Toronto Western Hospital
399 Bathurst Street
9th Floor, East Wing
Toronto, Ontario M5T 2S8
Fax: 416-603-5490**

For more information, please call: Paul Freedman or Beta Leung at (416) 603-5747