

8 WEEK MBCT COURSE

Mindfulness Based Cognitive Therapy course

Free * trial of an enhanced sandwich course
for healthcare and public sector staff
to avoid burnout from stress

Every Saturday morning
from 9th Jan to 27th Feb 8am-1pm
At Revitalise opposite Hove town hall

Inquiries and to book contact facilitator John Kapp,
22 Saxon Rd Hove BN3 4LE 01273 417997,
johnkapp@btinternet.com * PTO

Conditions of booking *

A deposit of £160 is payable at the time of booking which will be held for the duration of the course and returned in full provided that the participant attends every session and returns all 9 questionnaires, which will form the raw data for the trial. It is hoped that this will make all participants commitment to complete the course.

The MBCT course was approved in 2004 by the National Institute for Clinical Excellence (NICE) as an alternative to anti-depressant medication. The NHS constitution gives everyone the right to free NICE-approved treatment provided that your GP says that it is appropriate.