

# **8 WEEK MBCT COURSE**

Mindfulness Based Cognitive Therapy course

Free \* trial of an enhanced sandwich course  
for patients to learn mindfulness in health

Every Thursday morning  
From 7<sup>th</sup> Jan – 25<sup>th</sup> Feb 730am-1230pm  
and Sunday 7<sup>th</sup> Feb 10am-5pm  
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](mailto: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.