



Mark Bowden & Patricia Geraghty  
Mindfulness Training & Coaching  
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www.mindbase.co.uk

## **Mindfulness Based Cognitive Therapy (MBCT) for Chronic Illness and Pain**

Mindfulness is about being awake and aware – being in the present rather than living in the past or pre-living the future. Mindfulness-Based Cognitive Therapy (MBCT) is an eight-week programme that can help you cope more effectively with chronic pain and illness, as well as learning to appreciate life more fully.

Over 30 years ago at the University of Massachusetts, Dr Jon Kabat-Zinn set up a Stress Reduction Clinic to explore the potential of meditation and yoga techniques in the relief of chronic stress, illness and pain. The mindfulness-based programmes that have developed have been extensively researched, and are now taught widely around America and in Europe.

*“I have learned to be less reactive towards my pain, which diminishes the mental and emotional suffering that was very much part of my experience. There is now so much more to life than just the pain – my life is considerably richer. In practising the techniques offered by the programme, I have changed my life.”* Fibromyalgia sufferer

*“This course has literally changed my life. I've learned that listening to my body and taking regular rests is not the same as ‘giving in’ – as I had feared. In fact, I can actually do a lot more and enjoy what I am doing. I am a much nicer person to be around now I practise mindfulness!”* Rheumatoid arthritis and multiple sclerosis sufferer

Mindfulness-Based Cognitive Therapy (MBCT) is recognized as effective by the UK National Institute for Clinical Excellence (NICE) and is increasingly recommended by health professionals to help reduce the suffering caused by chronic pain conditions, anxiety, depression, eating problems, and addictions.

This course is a structured programme of eight two-hour weekly sessions with a weekend morning of practice. It includes:

- mindfulness meditations
- body awareness
- gentle stretching & movement
- group discussion
- home practice

The course also includes CDs with tutor-led instruction to help you practise at home. You will also be encouraged to practise mindfulness in everyday activities. A preliminary one-to-one discussion will clarify any questions before you start. You don't need any previous meditation experience, and the course is entirely non-religious and secular.

## Cost

The course costs £195. (Concessions on this price are often possible; please enquire.) This includes a preliminary orientation session before the course starts, the eight sessions and weekend morning of practice, CDs and a coursebook to guide your practice at home, as well as 'phone support between sessions if required.

The course is also available individually one-to-one, either in person or by distance learning. To apply for your place on the course, or to talk more about mindfulness, contact us on 01752 405173 or at [info@mindbase.co.uk](mailto:info@mindbase.co.uk).

## Who we are



Mark Bowden (BA, PGCE) began teaching yoga and meditation in the early 1980s and is a former Director of Bristol Buddhist Centre. Patricia Geraghty is a Yoga Tutor (BWY) and Counsellor (PGDip, MBACP Accredited) with many years' experience of working in the NHS and in private practice. Mark and Patricia have trained with the



Centre for Mindfulness Research & Practice at the University of Wales Bangor and are both Accredited Trainers with the Breathworks organization in Manchester. Mark is also an Associate of Exeter University Mindfulness Network and has contributed to research programmes on mindfulness at Bristol and Southampton Universities.

*Having read through this information, if you are still wondering whether the course is appropriate for you at this time in your life, contact us and we can talk it over.*

*'The present is the only time that we have to be alive, to perceive, to learn, to change, to act, to heal. Life only unfolds in moments. The healing power of mindfulness lies in living each one as fully as we can.'* (Jon Kabat-Zinn)

## The course and how to apply

This course is for those whose quality of life is affected by chronic pain and illness. The course is held regularly at Waterloo Wellbeing Centre, 191 Devonport Road, Stoke, Plymouth PL1 5RN, and comprises eight weekly sessions and a Saturday morning session (this is usually around the midpoint of the course). For dates and times of the next course, visit our website [www.mindbase.co.uk](http://www.mindbase.co.uk).

To apply, **either** complete the application form that follows and return it by post to me, Mark Bowden, at the address given at the end, **or** contact me at [info@mindbase.co.uk](mailto:info@mindbase.co.uk) for an e-mail application.

I will then contact you and we can talk over your application, either by 'phone or in person. Once your application for the course is accepted (after we have spoken), the balance of payment is due. If you are subsequently unable to attend the course, depending on circumstances, we can discuss transferring some of your payment to another person (if they are accepted onto the course) or to a future course or event.

Or contact me by phone or e-mail if you would just like to talk more about the course before applying.



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## **Mindfulness Based Cognitive Therapy (MBCT) for Chronic Illness and Pain**

### **Application form**

Which course are you applying to join?

Your Name

Your Age:

Address:

Home phone:

Work phone:

Mobile phone:

E-mail:

### **A few questions**

Below are a few questions which will help us understand your reasons for taking this course. Respond briefly now and we'll arrange to speak further.

*Firstly, how did you hear about the course?*

*Please say a little about your reasons for attending this course.*

*Your previous experience of practices such as meditation, yoga, tai chi, or similar?*

*Practice between sessions is part of the course. Are you able and willing to do this? (If you feel this could be difficult, we can discuss what a realistic commitment might be for you.)*

*On a scale between 1 (= Virtually no stress most of the time) to 10 (= Extremely stressful most of the time), how would you rate your current experience of everyday stress in your life? (I refer to your general sense of the demands of your everyday life.)*

*Are there any particular stressful elements in your life at present? (I refer to “big changes” happening or about to happen: things such as changes in close relationships, work, where you live, health. These could be positive or negative. )*

*What do you think you might find difficult about the course?*

*What do you think you will most enjoy about the course?*

Return this form to: Mark Bowden, 14 Peeks Avenue, Plymouth PL9 9BZ. For more information contact me on 01752 405173 or at [info@mindbase.co.uk](mailto:info@mindbase.co.uk)

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