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# MBCT Introduction for Stressreduction

**Dates: October 21-22 and December 9-10, 2017**

**Venue: citySTILLE – Mindfulness Center Vienna**  
**1020 Wien, Hollandstrasse 18**

## Introduction to MBCT

This course offers those with an interest in Mindfulness-Based Cognitive Therapy an opportunity to explore the Eight Step MBCT programme developed by **Williams, Segal and Teasdale** within a 4-day format. Each day covers two classes of the MBCT programme, with meditations to practice at home between sessions (approx. 40 minutes daily).

The intention of this course is to provide participants with an experiential understanding of MBCT. In each session, participants will encounter a number of meditation practices and cognitive-behavioural exercises to explore on a direct, personal level. The course is accompanied by a handout and CDs to support the home-practice.

This course does not equip participants to teach the MBCT programme, but will help to establish or deepen a personal meditation practice, which forms a necessary foundation for training at a later stage to become a trainer in Mindfulness-based Approaches ([UK Network for Mindfulness-Based Teacher Trainers](#), Good Practice Guidelines).

**Time:** 11:00 am - 5:00 pm. (Attendance required on all dates.)

**Fee:** €300- (Refreshments but not lunch included.)

**Free info evening:** September 8<sup>th</sup>, 6:30 pm - 9:00 pm

**Email:** [stressminus@yahoo.com](mailto:stressminus@yahoo.com)

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