

MINDFULNESS-BASED COGNITIVE THERAPY for Depression

An Eight-Week Skills-Building Class for Preventing Relapse

Mondays, Jan. 23 to Mar. 19, 7:00 - 9:30 pm

With an All-Day Session Saturday, Mar. 10, 9:30 am - 4:30 pm

FREE INFORMATION SEMINAR, Monday, Jan. 8, 7:00 - 9:00 pm (RSVP Required)

**Weekly Sessions and Seminar held at:
UCLA
300 Medical Plaza Building, Rm. 3200
(Seminar RSVP information on reverse side)**

**All-Day Session held at:
Temescal Canyon Gateway Park
Pacific Palisades**



The course will be facilitated by Roger Nolan, M.A., a licensed Marriage and Family Therapist in private practice in South Pasadena, and a meditation practitioner since 1973. He has been teaching mindfulness meditation since 2001, and his classes were named "Best for Beginners" by Los Angeles Magazine. He has been trained in Mindfulness-Based Stress Reduction and MBCT, and served as consultant and therapist trainer for the Mindfulness-Based Relapse Prevention program for addiction developed at the University of Washington. Roger serves on the faculty at Insight L.A., and is an adjunct professor at Antioch University.

For more information about MBCT, or to enroll online, visit www.rogernolan.com

Mindfulness-Based Cognitive Therapy (MBCT) combines the basics of cognitive therapy, such as awareness of distortions in thinking, with the ancient practice of mindfulness meditation. This combination helps us to see these upsetting thoughts as simply moment-to-moment events rather than as solid facts, and teaches us how to disengage from them and return to the reality of the present moment. Instead of trying to change our thoughts, we are changing how we *relate* to them, decreasing depression and anxiety.

This skills-building course is designed for individuals who have suffered from recurring depression and anxiety. Studies have shown that MBCT is as effective as anti-depressants in preventing depressive relapse, and *more* effective in enhancing quality of life (*Journal of Consulting and Clinical Psychology*, 12/1/08).

The course consists of eight weekly 2-1/2 hour classes and a 7-hour all-day session. Classes include guided meditation, gentle yoga, in-class exercises, and discussion. There are homework assignments to be completed between sessions.

The structure of MBCT requires strong commitment and work, but the rewards can be profound and lasting.

Total tuition: \$475

Includes classes and all-day session (29 hours total), Instructional audio recordings, and written material.

To inquire about payment plans, contact:

RogerNolanTherapy@hotmail.com

**Enroll online at www.rogernolan.com
or complete and mail the**

Registration/Information Form on the reverse side.

Mindfulness-Based Cognitive Therapy Registration Form

Mail registration form along with payment (checks only, please, payable to Roger Nolan) to:

**Roger Nolan
409 Garfield Ave.
South Pasadena, CA 91030**

Upon receipt you will be contacted by phone for a brief intake interview.

Name: _____

E-Mail (please print clearly): _____

Mailing Address: _____

Best Daytime Phone: _____

Best Evening/Weekend Phone: _____

Amount Enclosed: \$ _____

Refund/Cancellation Policy: Full tuition refund on cancellations until January 16 (less a \$25 cancellation fee). One-half tuition refund on cancellations after January 16. No refunds after the first class.

If you are interested in attending the Free Information Seminar to learn more about MBCT, please RSVP at RogerNolanTherapy@hotmail.com. Parking is not included for the Seminar.