

CS05-03

MINDFULNESS-BASED COGNITIVE THERAPY

T. Barnhofer

Department of Psychiatry, University of Oxford, Oxford, UK

Mindfulness-Based Cognitive Therapy (Segal, Williams, & Teasdale, 2002) is an eight-week treatment programme combining intensive training in mindfulness meditation and elements of cognitive therapy for depression that was specifically developed for the prevention of relapse in patients with recurrent course of the disorder. This talk will describe the rationale and format of the treatment programme and give an overview of recent findings regarding the effectiveness of the treatment and its mechanisms of action.