Mindfulness Based Cognitive Therapy (MBCT) is an eight-week program in which participants meet in a group setting to learn cognitive behavioral techniques and mindfulness exercises designed to increase nonjudgmental, moment-to-moment awareness of bodily sensations, thoughts, and emotions. Participants use mindfulness to develop a new understanding and relationship with emotional and situational experiences, through using curiosity, acceptance, and compassion.

Call (734) 764-3471 or visit PsychClinic.org to learn more.