

The Dove Clinic for Integrated Medicine



A FREE PUBLIC TALK on MINDFULNESS BASED COGNITIVE THERAPY (MBCT)

Tuesday December 16th 2008 7pm-9pm

The Dove Clinic, The Old Brewery, High Street, Twyford. SO21 1RG

MBCT has been found to help the following conditions:

- ◆ **Low self esteem and confidence**
- ◆ **Depression**
- ◆ **Anxiety and emotional dysregulation**
- ◆ **Chronic physical pain**
- ◆ **Chronic Fatigue Syndrome**



Contact The Dove Clinic for more details

**The Dove Clinic, The Old Brewery,
High Street, Twyford, SO21 1RG**

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**NEXT 8 week MBCT group
starts January 20 2009**

MBCT was developed at Cambridge University and has been scientifically proven to be effective for a wide range of physical and psychological problems. **Dr Hannah Wilson** is a Chartered Clinical Psychologist who will talk about the theory and practical applications of Mindfulness Based Cognitive Therapy.

**MBCT is a
NICE* endorsed treatment**

***National Institute for
Health And Clinical Excellence**