

## Preliminary Client Handout for MBCT

### **DEPRESSION**

Depression is a very common problem. Twenty percent of adults become severely depressed at some point in their lives. Depression involves both biological changes in the way the brain works and psychological changes in the way we think and feel. Because of this, it is often useful to combine biological treatments for depression (which act on the brain) with psychological approaches (which teach new ways to deal with thoughts and feelings).

### **TREATMENT OF DEPRESSION**

When you have been depressed in the past your doctor may have prescribed antidepressants. These work through their effects on the chemical messengers in your brain. In depression, these chemical messengers have often become run down, lowering mood and energy levels, and disturbing sleep and appetite. Correcting these brain chemicals may have taken a long time, but most people experience improvements in 6 to 8 weeks.

Although antidepressants generally work well in reducing depression, they are not a permanent cure – their effects continue only so long as you keep taking the pills. Your doctor could continue to prescribe antidepressants for months, or even years, since this is now the recommended way to use antidepressants if further depression is to be prevented by these means.

However, many people prefer to use other ways to prevent further depression. This is the purpose of the classes you will be attending.

### **PREVENTION OF MORE DEPRESSION**

Whatever caused your depression in the first place, the experience of depression itself has a number of after-effects. One of these is likelihood that you will become depressed again. The purpose of these classes is to improve your chance of preventing further depression. In the classes, you will learn skills to help you handle your thoughts and feelings differently.

Since many people have had depression and are at risk for further depression, you will learn these skills in a class with up to a dozen other people who have also been depressed and treated with antidepressants. In eight two-hour sessions, the class will meet to learn new ways of dealing with what goes on in our minds, and to share and review experiences with other class members.

After the eight weekly sessions are over, the class will meet again four times over the following months for reunions and to see how things are progressing.

### **HOMEWORK: THE IMPORTANCE OF PRACTICE**

Together, we will be working to change patterns of mind that often have been around for a long time. The patterns may have become a habit. We can only expect to succeed in making changes if we put time and effort in to learning skills.

This approach depends entirely on your willingness to do homework between class meetings. This homework will take at least an hour a day, six days a week, for eight weeks, and involves tasks such as listening to CDs, performing brief exercises, and so on. We appreciate it is often very difficult to carve out that amount of time for something new in our lives that are already very busy and crowded. However, the commitment to spend time on homework is an essential part of the class; if you do not feel able to make that commitment, it would be best not to start the classes.

## **FACING DIFFICULTIES**

The classes and the homework assignments can teach you to be more fully aware and present in each moment of life. The good news is that this makes life more interesting, vivid, and fulfilling. On the other hand, this means facing what is present, even when it is unpleasant and difficult. In practice, you will find that turning to face and acknowledge difficulties is the most effective way, in the long run, to reduce unhappiness. It is also central to preventing further depression. Seeing unpleasant feelings, thoughts, or experiences clearly, as they arise, means that you will be in much better shape to 'nip them in the bud' before they progress to more intense or persistent depressions.

In the classes, you will learn gentle ways to face difficulties, and will be supported by the instructor and the other class members.

## **PATIENCE AND PERSISTENCE**

Because we will be working to change well-established habits of mind, you will be putting in a lot of time and effort. The effects of this effort may only become apparent later. In many ways, it is much like gardening – we have to prepare the ground, plant the seeds, ensure that they are adequately watered and nourished, and then wait patiently for results.

You may be familiar with this pattern from your treatment with antidepressants. Often there is little beneficial effect until you have been taking the medication for some time. Yet improvement in your depression depended on your continuing to take antidepressants even when you felt no immediate benefit.

In the same way, we ask you to approach the classes and homework with a spirit of patience and persistence, committing yourself to put time and effort in to what will be asked of you, while accepting, with patience, that the fruits of your efforts may not show straight away.

## **THE INITIAL INDIVIDUAL MEETING**

Your initial individual meeting with the MBCT therapist provides an opportunity for you to ask questions about the classes or raise issues related to the points made in this handout. You may find it useful, before you come for that interview, to make a note of the questions or issues that you wish to raise.

**Good luck!**