

## Mindfulness-Based Cognitive Therapy for Young Adults with ASD

facilitated by *Georgina Robinson, Ph.D., and Lynn Savoie, MA*



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Mindfulness-Based Cognitive Therapy (MBCT) is designed for people with a history of depression, who are currently in recovery, to teach them skills that may prevent future relapse. It combines cognitive-based therapy with meditative practices. Growing research demonstrates that MBCT can have many benefits, including:

- Stress reduction
- Improved mood (anti-depressant effect)
- Improved problem-solving ability
- Increased attention span and focus

*\* This program has been adapted to suit the needs of adults with ASD by the clinicians, trained MBCT facilitators, with the assistance of previous adult participants with ASD.*

### Purposes of this group are

- Learn new ways to respond to thoughts and feelings
- Learn practices that may prevent episodes of depression in the future
- Provide further evidence of the effectiveness of MBCT for adults with ASD

### What will this cost?

This group is offered at no financial cost to participants.

### Where will this take place?

Provincial Outreach Program for Autism office In Ladner, BC (4746 57th Street).  
*For those considering transit, the Ladner Exchange is nearby.*

### Who is this group for?

Young adults, ages 17 – 28, average or above average cognitive and language abilities, willing to participate actively in a group setting, committed to approximately 30 minutes per day of home practice outside of the group, and not experiencing any current symptoms of clinical depression.

### When will this happen?

The group will be held from 2pm – 4 pm.

**Intake** - April 29, 30

**Group** - May 7, 14, 21, 28;

June 4, 11, 18, 25;

July 9, 16

Light refreshments will be provided.



*Registered participants are free to bring another adult friend or family member.*

**To register for the MBCT group program, please contact Heather Neidig at [hneidig@autismoutreach.ca](mailto:hneidig@autismoutreach.ca)**