

Mindfulness-Based Cognitive Therapy for Young Adults with ASD

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



Georgina Robinson, Ph.D.



Lynn Savoie, MA

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 over ten Sundays from 2pm – 4 pm.

Intake - Ongoing

Group - Dates to be announced.

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