

ANXIETY AND DEPRESSION CENTER

**Perry Passaro, Ph.D.
Dennis Greenberger, Ph.D.**

MINDFULNESS AND COMPASSION BASED GROUP COGNITIVE BEHAVIORAL THERAPY

**1 Individual Intake/Screening Session
12 Group Sessions – 90 Minutes Each**

Mindfulness and compassion based cognitive therapy (MBCT) is an evidence-based treatment that uses attention training to alleviate difficult emotions and negative thinking. The group will teach participants to reduce the negative self-judging/self-critical internal voice and strengthen the internal self-compassionate voice. This group is designed to benefit patients who are currently in remission, or partial remission, from depressive episode(s) or are currently experiencing anxiety.

**Please Call (949) 222-2848 For More Information
AnxietyAndDepressionCenter.com
1500 Quail, Suite #250, Newport Beach, CA**