

Mindfulness Based Cognitive Therapy

Are you feeling stressed, anxious or low about your studies?



As a medical student at Bristol you may be eligible for a free place on an 8 week course of Mindfulness Based Cognitive Therapy (MBCT). Courses are held at a venue on campus at times that don't clash with training and clinical commitments. Attendance on the course is confidential.

COURSE REQUIREMENTS:

You will need to complete 3 health questionnaires and attend a one hour orientation session prior to the course. **You must be able to attend all 8 sessions of the MBCT course.**

For more information contact the mindfulness teacher Dr Alice Malpass, a.malpass@Bristol.ac.uk