



Mindfulness-based Cognitive Therapy (MBCT) Program

MBCT was originally developed as a response to clinical need: the high risk of relapse and recurrence in patients suffering from major depression. Added to this is the early onset of many depressions (between 13 and 15 years of age) which makes depression one of the greatest burdens of ill-health in the world.

The underlying model of MBCT suggests that risk of recurrence arises when the mind reacts to small shifts in negative mood with a re-triggering of old habits of negative thinking formed during previous episodes – not only negative in content but also in the mode of mind brought to bear on the content (‘driven doing’ mode).

Mindfulness-based cognitive therapy (MBCT) combines Jon Kabat Zinn’s Stress Reduction program with techniques from Cognitive Therapy in an eight week ‘class’ format for people who are currently in remission to address, point by point, the seven signs of “driven doing”

It aims to teach participants how to become aware of early warning signs of this mode of mind, and to reduce tendencies to react to these early signs in ways that make things worse rather than better – to see how easily we react in ways that entangle rather than liberate the mind.

MBCT has been tested in research and proven effective for depression, as well as anxiety and a wide range of other problems.

(Prof. Mark Williams)

The program aims at:

1. allowing the participants free from the tendency to overthink, ruminate, or worry too much about some things
2. allowing the participants free from a tendency to avoid, suppress, or push away other things.
3. Facilitating the participants to learn how to cultivate a radically different way of working with own mind.



IMCT (2611)

Teacher:

Annie Yip LK RMN

International Trainer Consultant, Academy of Cognitive and Behavioural Therapies USA
Trainer Consultant, Academy of Cognitive and Behavioural Therapies USA
Fellow, Academy of Cognitive and Behavioural Therapies USA
Diplomate, Beck Institute for Cognitive Therapy and Research USA
Certification of completion 5-day silent mindfulness retreat by Bob Stahl
Completion of 1-year Foundation Course for Teaching Mindfulness-based Cognitive Therapy, The Oxford Mindfulness Centre and the Hong Kong Centre for Mindfulness
Completion of 8 days, 92-hour program on Teacher Development Intensive MBSR, The Centre For Mindfulness in Medicine, Health Care and Society, USA
Certificate of Attendance - 9 days Intensive Practicum in Mindfulness-based Stress Reduction, The Centre For Mindfulness in Medicine, Health Care and Society, USA
Certificate of Attendance - Mindfulness Based Cognitive Therapy (MBCT) – Teacher Training I & II, Wah Nam University & The Centre For Mindfulness in Medicine, Health Care and Society, USA

Dates:

2026.11.23; 2026.11.30; 2026.12.7; 2026.12.14; 2026.12.21; 2026.12.28; 2027.01.4;
2027.01.11 (Monday 7-9:30 pm)

2027.01.09 (Saturday 9:30 am – 5 pm): Silence Retreat

Language: Cantonese

Venue: Regular meeting will be in Kwun Tong areas (TBC)

Silence Retreat (TBC)

Certification:

Participant, whose attendance is 80% or above, will be issued a ‘Certificate of Attendance’.



Institute of Mindfulness and Cognitive Therapy Limited
Registration And Payment

Course code: IMCT2611

Applicant: (English) _____ (Chinese) _____

Age: _____ Gender: _____ Profession: _____

Mobile No.: _____ Email: _____

Correspondence Address:

Signature: _____

Date: _____

Payment Details:

1. Full payment **HKD 6,000**
2. Payment shall be made on or before the deadline on **18 October 2026.**
3. Bank details: Fubon Bank account (128 bank code)-836-0709157-3.
4. Available payment options:
 - bank in cheque payable to “Institute of Mindfulness and Cognitive Therapy Limited”
 - bank in cash/bank transfer
5. A copy of the transfer/bank-in slip together with the **Registration Form** shall be sent to imcthk@hotmail.com
6. For enquiries, please contact Annie Yip by 6771 5611