



Mindfulness based cognitive therapy (MBCT)

MBCT combines traditional cognitive behavioural therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress and distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and we highly recommend you set some time aside each day for daily home practice to be able to optimise new skills and make good use of what you learn each week. You will be given links to online guided meditations to support your daily practice.

We offer a range of MBCT options: a one-off mindfulness and wellbeing webinar, a full eight-week course, a MBCT refresher session and also provide 1:1 MBCT.

One-to-one therapy is also available, please visit our website



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust



NHS Blackpool Talking Therapies

Telephone: **01253 955700**
(Monday to Friday 9am - 5pm)



Hospital Switchboard

Telephone: **01253 300000**



Patient relations department

The patient relations department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via Tel: **01253 955589**
or by email: **bfwh.patientrelations@nhs.net**



Further Information

is available on our website: **www.bfwh.nhs.uk**

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: 01253 955520



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NHS

**Blackpool
Talking Therapies**

**Working together
to improve
wellbeing**



Free therapy courses and webinars for people who are registered with a GP in Blackpool or Cleveleys to help you deal with common problems and understand what you're going through.



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Courses

Blackpool NHS Talking Therapies offer a range of free courses, webinars, and wellbeing sessions. These sessions are all delivered in a classroom learning style, with no participation or interaction required. Sessions are delivered online, and some are also delivered face to face at locations across Blackpool and Clevellys.

Our online delivery provides the flexibility and ease to access support online, with a catch-up recorded option available for up to 72 hours in most cases, offering you flexibility and the ability to re-cap on the tools and skills introduced.

Our online stress control and mindfulness courses offer a short introductory session before the course starts, this is to ensure you are able to connect via the online link and so we can support you if there are any issues with the technology.

“This service was fantastic in all ways and my therapist was extremely helpful, understanding and full of empathy. I also felt the benefit of the online consultation as it is easier to relax in your own home.”

Stress control

Learn some great ways to deal with common problems such as anxiety, depression, panicky feelings, poor sleep, and poor wellbeing.

‘Stress control’ is a six-session cognitive behavioural therapy course, each session lasting 90 minutes. Stress control combines cognitive behavioural therapy (CBT), positive psychology and mindfulness. It has the best evidence base of its kind, and is used across the world.

The course aims to teach new coping strategies and skills, these skills are all pieces of the jigsaw that help you become your own therapist. Associated booklets and worksheets are provided to reinforce what has been taught.

Stress control is not interactive - there is no discussion of personal problems, and you will remain anonymous if joining online.

Webinars and wellbeing sessions

We offer a range of free 45-minute wellbeing webinars. These can either be live streamed directly to you via an online link or there is an option to watch the session later via a link to a recording valid for 72 hours, offering you flexibility and the ability to re-cap on the tools and skills introduced.

We also run face-to-face wellbeing sessions across Blackpool and Clevellys.

We are adding new webinar topics all the time, for an up-to-date list of our webinars please visit our website.

Example wellbeing webinars:

- **Anxiety and worry:** Learn more about worry and anxiety, the causes and what keeps it going, as well as evidence-based strategies for managing worry and letting worry go.
- **Low mood:** This webinar covers the symptoms and causes of depression, and what keeps depression going and includes two cognitive behavioural based therapeutic interventions.
- **Mindfulness and wellbeing:** Mindfulness training can play an important role in maintaining wellbeing and managing stress. Find out more about mindfulness and develop some practical skills to enhance your mental wellbeing.
- **Sleep and relaxation:** Learn how to get a better night's sleep and how relaxation techniques can help you to manage stress.
- **Perinatal wellbeing:** Learn about the relationship between thoughts, behaviours, and mood and the importance of self-care. The webinar also includes strategies for staying well.
- **Resilience and me:** Learn more about resilience, how to develop and protect your resilience to deal with life's stresses.
- **Menopausal wellbeing:** Changes in hormones during menopause can impact mental health as well as physical health. Learn useful coping strategies for boosting wellbeing during this time.

“I found the information and tools introduced during the online course so beneficial for managing my symptoms and improving my confidence. It was helpful being able to playback the recording too.”



For more information or to self-refer scan the QR code, www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies, email: bfwhtalkingtherapies@nhs.net or telephone 01253 955700 (Monday to Friday 9am-5pm).



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