

YORK UNIVERSITY PSYCHOLOGY CLINIC

Winter 2024 Meditation Program

8-Week Mindfulness-Based Cognitive Behavioural Therapy

Group Program

Mindfulness-Based Cognitive Behavior Therapy (MB-CBT) derives a powerful synergy from behaviour change methods that combine meditation with the latest evidence from neuroscience and other health disciplines.

According to existing research, learning to meditate is a way of strengthening current skills and developing new skills of practical benefit. The ultimate aim of MB-CBT is to help people lead happier, more meaningful lives. These 8 sessions provide a stimulating and supportive environment in which to practice and personally explore benefits.

Thursday Lunch Time Program

Facilitator: Dr. Paul Ritvo, C.Psych., Clinical Psychologist, Professor

Dates: Thursdays starting March 7, 2024 (Mar. 7, 14, 21, 28, & Apr. 4, 11, 18, 25) Time: 1:00 - 2:00 pm

Location: Virtual

Fee: \$200.00 for the group program; \$125 for students with valid ID

These sessions are led by Dr Paul Ritvo, clinical psychologist, and should be reimbursable through extended health plans that provide coverage for psychological services.

Registration forms accessible at: www.yorku.ca/health/yupc/group-programs/

