

York MBSR  
The Mindful Way to  
Reducing Stress

As well as promoting  
general **well-being**,  
mindfulness offers us the  
opportunity to use the  
capacity of our mind to  
face **stress, pain or illness**.



For further information  
please email  
[relax@yorkmbsr.co.uk](mailto:relax@yorkmbsr.co.uk)  
or call 01904 634710

# GP Referral Form

## Mindfulness Based Cognitive Therapy



MBCT is a structured eight-week group course which teaches a combination of Mindfulness Meditation and Cognitive Behavioral Therapy, with a proven record of preventing the relapse of depression. It is supported by a growing base of empirical research and **recommended by the National Institute for Clinical Excellence as a treatment of choice for recurrent depression** (NICE Clinical Guidelines 90, page 57).

### Referring GP Details

GP Name: .....

GP Practice: .....

Telephone Number: .....

Email: .....

Funding Body / CCG: .....

Invoice Address: .....

Purchase Order Number: .....

### Course Applicant Details

Name: .....

Date of Birth: .....

Email: .....

Address: .....

Telephone Number: .....

"I understand that MBCT is not designed to be a relaxation class, a group therapy session or a "quick fix", but is a course which teaches a valuable life skill, the development of which is nurtured throughout the 8 week course and requires a significant personal commitment, both during and after the course so as to support the integration of mindfulness into daily life".

I wish to attend the MBCT course commencing in ..... on .... / .... / .....

*Please note that course correspondence is normally sent via email.*

Please return this completed form, marked Private and Confidential, to:

**York MBSR, Priory Street Centre, 15 Priory Street, York, YO1 6ET**