



MINDFULNESS COURSES REFERRAL PATHWAY

1. PROMOTING AWARENESS

- Display course flyers in public areas.
- Consider recommending mindfulness course to patients suffering from anxiety, stress and/or depression - please see below for NICE guidance relating to MBCT.

2. REFERRAL PROCESS

- GP to complete first part of Referral Form.
- GP to encourage the patient to complete the **second part of Referral Form** and **return it direct to the Northern Centre for Mindfulness and Compassion** – who will then contact the patient direct about their referral.

3. COURSE ATTENDANCE

- Patient commits to attending an 8 week (2.5 hours per week) Course (maximum 14 in the group).

4. POST COURSE

- Patient completes course and GP Feedback Forms.
- Patient progress reviewed by GP, who, subject to patient consent, provides anonymous feedback to their local mindfulness project.

* Depression: The Treatment and Management of Depression in Adults
NICE Clinical Guideline 90 – page 37

Psychological interventions for relapse prevention

1.9.1.8 People with depression who are considered to be at significant risk of relapse (including those who have relapsed despite antidepressant treatment or who are unable or choose not to continue antidepressant treatment) or who have residual symptoms, should be offered one of the following psychological interventions:

- individual CBT for people who have relapsed despite antidepressant medication and for people with a significant history of depression and residual symptoms despite treatment
- mindfulness-based cognitive therapy for people who are currently well but have experienced three or more previous episodes of depression.

The British Journal of Psychiatry article “Mindfulness-based cognitive therapy: a promising new approach to preventing depressive relapse” provides further information for GPs wishing to consider the rationale and research behind MBCT.