Appendix A

*MBCP Intervention Components by Session*

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| Session | MBCP |
| 1 | * Intro to group format & logistic
* Experiential Exercise #1: Awareness of the breath
* Topic: What is mindfulness and how might mindfulness be helpful?
* Experiential Exercise #2: Mindful body scan
* Introduction to home practice: Pass out mindful body scan audio
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| 2 | * Experiential Exercise #1: Practice body scan
* Discussion regarding in-session and home practice
* Topic: Nonjudgmental stance of mindfulness
* Experiential Exercise #2: Mindful eating
* Experiential Exercise #3: Introduction to yoga: Six rotations of the spine
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| 3 | * Experiential Exercise #1: Opening awareness of breath meditation into body scan
* Discussion regarding in-session and home practice
* Topic: Acceptance vs. Control
* Experiential Exercise #2: Thought suppression
* Experiential Exercise #3: Walking meditation
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| 4 | * Experiential Exercise #1: Body Scan with particular emphasis on painful physical sensations
* Discussion regarding in-session and home practice
* Experiential Exercise #2: Guided reflection on an unpleasant event
* Topic: Psychoeducation on Stress
* Topic: Responding vs. Reacting to Stress
* STOP Skill
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| 5 | * Experiential Exercise #1: Opening meditation and body scan
* Discussion regarding in-session and home practice
* Experiential Exercise #2: Mindful yoga: Six rotations of the spine
* Midway check-in
* Topic: Dealing with difficult emotions and sensations
* Experiential Exercise #3: The 5 Step PAIN Process
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| 6 | * Experiential Exercise #1: Opening meditation into mountain meditation
* Discussion regarding in-session and home practice
* Topic: Mindfulness and communication
* Experiential Exercise #2: Lake meditation
* Experiential Exercise #3: Mindful yoga: six rotations of the spine
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| 7 | * Experiential Exercise #1: Opening meditation (brief body scan while standing) and mindful yoga: Six rotations of the spine
* Discussion regarding in-session and home practice
* Topic: Mindfulness and compassion
* Experiential Exercise #2: Cultivating Compassion
* Topic: Turning compassion towards ourselves
* Experiential Exercise #3: Loving kindness meditation
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| 8 | * Experiential Exercise #1: Mindful body scan
* Discussion regarding in-session and home practice
* Topic: Developing a Practice of Your Own
* Topic: Review of mindfulness skills & application
* Closure & feedback
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