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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |