

MINDFULNESS BASED THERAPY FOR INSOMNIA (MBTI)

What is Mindfulness Based Therapy for Insomnia?

MBTi is a group therapy program designed to:

- ✓ Improve the quality of your sleep.
- ✓ Alleviate daytime depression and anxiety.
- ✓ Increase awareness of your own feelings, thoughts, behaviors, and physical reactions.

MBTI may also help you:

- ✓ Live in the present moment and spend less time focusing upon the past or the future.
- ✓ Enhance your appreciation of daily activities and social interactions.
- ✓ Accept life stressors and the pain that accompanies them.

In MBTI you will:

- ✓ Learn to practice mindfulness meditation on a daily basis.
- ✓ Learn specific techniques to help you make more conscious choices about how to respond to difficulty sleeping.
- ✓ Learn to change your relationship with sleep patterns.

To learn these skills, you will:

- ✓ Attend 8 therapy sessions. Each session is 2 hours.
- ✓ Practice mindfulness skills at home.
- ✓ Track sleep quality to see if what we teach helps.

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