



SATA Centre for Conscious Living

MBTI Groups



<https://www.satacentre.com/>

<https://mbtigroups.com/>

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Group Mindfulness Behavioural Therapy for Insomnia (MBTI) Program

Information Sheet for Participants

What is the MBTI group?

- The program follows the *Mindfulness-Based Therapy for Insomnia* treatment protocol by Jason Ong (2017).
- The program includes education on mindfulness and insomnia, as well as group discussions, in-session meditation and mindfulness practices, and homework involving meditation and changes to sleep-related behaviours. 15 - 30 minutes of home meditation per day is expected.

Who Is appropriate for this group?

- Participants with chronic insomnia. (Difficulty initiating or maintaining sleep or awakening too early in the morning. The sleep disturbances occur at least three times a week and have been present for the last 3 months. The sleep disturbance results in daytime dysfunction.)

What are the logistics?

- This is a virtual group insomnia treatment. Meeting will take place on Zoom. Groups are 6-10 participants, with 2 facilitators (Laura McLean, MD and Andrea Lemp, RN, MSN)
- Sessions are 2 hours per week for 8 weeks. A maximum of 2 missed sessions are permitted over the course of the program.
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Weekly Topics:

- Week 1: Introduction to Mindfulness Principles and Insomnia
- Week 2: Stepping Out of Automatic Pilot
- Week 3: Paying Attention to Sleepiness and Wakefulness
- Week 4: Working with Sleeplessness at Night
- Week 5: The Territory of Insomnia
- Week 6: Acceptance and Letting Go
- Week 7: Revisiting the Relationship with Sleep
- Week 8: Living Mindfully after MBTI

We look forward to working with you! If you have any questions, please contact us.

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