



OFFICE OF THE VICE CHANCELLOR FOR STUDENT AFFAIRS
UNIVERSITY OF THE PHILIPPINES DILIMAN

1F South Wing, Quezon Hall, University of the Philippines, Diliman, Quezon City, 1101 PH

Direct Line: (632) 8928 2886; Trunkline: (632) 8981 8500 loc. 2587, 2588

Email: ovcsa.upd@up.edu.ph

Memorandum No. LRS-2020-016

FOR: **All UP Diliman Students, Faculty, and Staff**

FROM: 
Prof. LOUISE JASHIL R. SONIDO
Vice Chancellor for Student Affairs

SUBJECT: **Call for Participants: Mindfulness-Based Cognitive Therapy (MBCT)**

DATE: **21 September 2020**

The University of the Philippines Diliman, in coordination with Mindfulness at FriendlyCare, offers Mindfulness-Based Cognitive Therapy (MBCT) **free for UP Diliman Students, Faculty and Staff** for the First Semester A.Y. 2020-21. The MBCT program consists of eight (8) sessions, conducted once a week starting in October. It is proven to prevent the relapse of depression and manage anxiety for prospective participants who are identified through a structured Intake process.

The following are the requirements for those interested in taking part:

1. Must be able to attend most sessions. These will be synchronous sessions on 8 Mondays, 1 – 4pm: Oct 5, 12, 19, 26, Nov 2, 9, 16, 23.
2. Must have internet connection and a device with headphone and camera.
3. Must build a private space during the sessions. The space need not be big: the size of a half yoga mat will suffice. It can be on a bed, beside the bed, or on the floor. The participant may be in a room with other people as long as they will allow the participant some private space during the sessions. It is also important to use headphones to prevent other people from hearing the discussions. Video will need to be on especially during discussions
4. Participants will need to be cleared to participate based on screening that will require responding to an Intake Form and attending a one-on-one dialogue with a facilitator. If an interested participant is under the care of a doctor or a therapist, he/she must provide FriendlyCare with his/her therapist/doctor's contact details so that they are aware of the participant's attendance to the program.
5. MBCT is best taken when participant is not in clinical depression. Since meditation is the tool used, caution is advised for those with unprocessed trauma and/or with episodes of hallucination. The program has a group therapy format so those with social anxiety must take this into consideration.

To register, kindly complete this form: https://bit.ly/UPD_MBCT2020.

Registration is on a first-come-first served basis and will close once the form reaches 100 responses. Registrants will be screened and contacted by FriendlyCare.

For any concerns or inquiries, please email FriendlyCare at mindfulness@friendlycare.com.ph or the UPD Office of the Vice Chancellor for Student Affairs at ovcsa.upd@up.edu.ph.