



WHAT IS MBCT?

An evidence-based intensive therapy program that has been clinically shown to help reduce relapse in mental health conditions-- such as anxiety, depression and mixed mood symptoms. It has also shown to lessen the intensity of symptoms and promote relapse prevention when combined with standard treatment.

This program supports participants in developing practical skills in mindfulness, emotional regulation, and cognitive awareness.

Protocols have been developed to deliver this therapy fully online. This is also a certification course, the certificate can be used if you want further training.

PACKAGE

- 1 Orientation session; 8 intensive sessions + Free silent retreat + Certificate



"MINDFULNESS GIVES YOU TIME. TIME GIVES YOU CHOICES. CHOICES SKILLFULLY MADE, GIVES YOU FREEDOM"

—Bante Henepola Gunaratana

Want to join this evidence-based therapy?
Register your interest: [+639681171515](tel:+639681171515)



- Email: support@agosdiwamentalhealthservices.com
- +639681171515



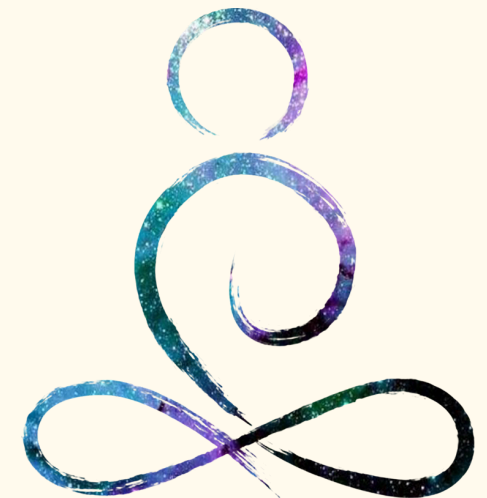
MINDFULNESS

BASED

COGNITIVE

THERAPY

EVIDENCE-BASED
INTENSIVE THERAPY TO
PROMOTE SYMPTOM
CONTROL AND RELAPSE
PREVENTION



WHAT IS AGOS DIWA

Agos Diwa is a group of mental health professionals, who share in the goal of having an avenue for intensive therapies for patients.

At Agos Diwa, we recognize the shared humanity between healer and patient—the soul (diwa) in motion (agos). Rooted in mindfulness, self-compassion, and the principle of common humanity, our approach honors each person's unique inner journey.

We offer evidence-based therapies that foster deep insight and emotional resilience—tools that remain rare in the Philippine mental health landscape. Among these is the full-scale Dialectical Behavior Therapy (DBT) program, designed to support those navigating intense emotions and interpersonal struggles, and now Mindfulness Based Cognitive Therapy (MBCT).

All members of Agos Diwa are certified for these therapies, with strict adherence to practice guidelines.



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MBCT HAS 8 SESSIONS. EACH SESSION HAS A THEME TO HELP YOUR WELL-BEING. THEY WILL BE FRIDAYS AT 6:30PM, ONLINE.

Session 0– Orientation (FREE)
How Mindfulness Can Help Me

Session 1 (FREE Trial)
Awareness of Automatic Pilot

Session 2
Living in Our Heads

After Session 1, enrollment will be closed.

Session 3
Gathering the Scattered Mind

Session 4
Recognizing Aversion

Session 5
Allowing and Letting Be

Session 6
Thoughts Are Not Facts

Session 7
How Can I Best Take Care of Myself?

Session 8 + Short Silent Retreat
Endings as New Beginnings / Using What I Have Learned

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BENEFITS:

DEVELOP AWARENESS OF
AUTOMATICITIES OF THE MIND &
DEVELOP PSYCHOLOGICAL
FLEXIBILITY

EMOTION REGULATION AND
ATTENTION SHIFTING
SKILLS

SKILLFULLY AND EFFECTIVELY
RESPOND TO DIFFICULTY

INCREASE PSYCHOLOGICAL
FLEXIBILITY AND FRUSTRATION
TOLERANCE

REDUCE RISK FOR RELAPSE FOR
DEPRESSIVE/ ANXIETY AND
RELATED DISORDERS

**THIS IS A CERTIFICATION
COURSE AND IS THE FIRST STEP
FOR PURSUING TEACHER
TRAINING. (FOR CERTIFICATION
COURSE, ALL SESSIONS MUST BE
ATTENDED)**

