



# 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 Referring Providers

The program involves psychoeducation by two group facilitators (Dr. Laura McLean and Andrea Lemp RN, MSN), group discussion, in-session meditation and mindfulness practices, and homework involving meditation, sleep hygiene, and sleep compression. It follows the *Mindfulness-Based Therapy for Insomnia* protocol by Jason Ong (2017) which blends mindfulness and CBT for insomnia.

#### Logistics:

- Weekly 2 hour zoom group sessions. Total of 8 sessions.
- 6-10 participants. All genders are welcome.
- 15 - 30 minutes of home meditation per day is expected.

#### Inclusion criteria:

- Clients 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.)

#### Exclusion criteria:

- Untreated sleep problems that require additional intervention, such as obstructive sleep apnea, circadian rhythm sleep disorders, or restless legs syndrome.
- Active psychosis, mania, or hypomania.
- Seizure disorder.
- Current severe depression, or suicidal or homicidal ideation.
- Substance use significantly affecting function.
- Significant cognitive impairment.
- Inability to contribute to, or interact respectfully in, a group environment.

#### How do I refer to the group?

- Please use the MBTI referral form.

Thank you!

If you have any questions, please contact us at: [info@satacentre.com](mailto:info@satacentre.com)

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