



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

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