

## Mindfulness-Based Cognitive Therapy

Mindfulness-based cognitive therapy (MBCT) is an approach to psychotherapy that combines cognitive behavioral techniques with mindfulness techniques like meditation and breathing exercises in order to bring patients' attention to mental and physical experiences without judgement. Jon Kabat-Zinn, one of the leading exponents of this approach, conceived a stress reduction program, mindfulness-based stress reduction (MBSR), applied in medical centers and hospitals, and his definition of mindfulness is "present moment awareness".

This approach has been developed in clinical psychology and psychiatry since the 1970s for treating many psychological conditions, such as anxiety and depression, and is effective in various patient populations, including adults and children, and people with chronic health conditions. Research shows that mindfulness has a direct effect on biological clinical pathways, influencing the immune system with a positive impact on physical as well as mental health.

People affected by Cystic Fibrosis could benefit from MBCT, especially to control situations that generate anxiety, stress, or depression. Relaxation and breathing techniques could help patients who experience trouble breathing because of Cystic Fibrosis and consequentially experience mental distress. Furthermore, mindfulness, based on self-compassion, could help people with Cystic Fibrosis to adopt a more "benevolent" attitude towards the suffering they experience with implications for acceptance of the disease, which may present difficulty over the entire life time.