

Session Delivery Tips

How often to deliver MB sessions

- Weekly to biweekly session delivery is ideal for both the MB individual and group modalities
- If in-person visits are not feasible this frequently, try a remote session by phone or video-chat in between visits
- If a group session is missed, try to contact the participant to review what was covered

Combining MB Sessions for more rapid delivery

- Revised MB 1-on-1 Manuals will be available in Fall 2019
 - Combined 2 Introductory sessions into 1
 - Combined 3 Pleasant Activities sessions into 2
 - 3 Thoughts Sessions
 - 3 Contact with Others sessions
 - 9, 20-minute sessions in total