



## TREATING ANXIETY AND DEPRESSIVE DISORDER BY MINDFULNESS-BASED COGNITIVE THERAPY

*By Dr Phan Thieu Xuan Giang, MD*



**Meditation** has been well-known as a very effective way to treat many mental health issues such as **anxiety and depression**. People usually think that meditation is just a way that helps them to relax or reduce stress. However, there are many advantages that are behind these effects such as **enhancing people's awareness, improving their attention abilities, changing their thinking ways...and finally it brings people to a new life, a meaningful life with peace, joy and happiness.**

We often think that we could change our world or our lives by desires. It could be true when we are healthy, we do not have problems. If we are anxious or angry, we try to overcome anxiety or anger by putting pressure on ourselves to do things, we are acting as a motor vehicle without a driver, the engine is very strong but it could not run well and follow correct direction. Consequently, it would hit anything on its way. Similarly, if we use a lot of power from our desires without awareness, thinking, planning...we would get struggles because we do not have direction. Scientifically, when we are angry, depressed or anxious, our brain will function differently, the blood will be trapped in limbic system, this area is responsible for our negative emotion such as anger, sadness and fear. If the limbic system is activated too much it will take over the control of our thoughts and actions, other brain areas such as frontal lobe will not work effectively, this region is responsible for our executive functions such as thinking, planning, sequencing, appropriate responses...if our brain follows this mode, it is similar to a natural phenomenon: the dark cloud cover the sky before it rains, we could not see things clearly because of the dark cloud. When the cloud disappear, we would see the sky clearly. If negative emotions abolished, we will be again in clear mind. We could think, plan and act properly, appropriately. How do we manage negative emotion and thoughts for getting better life? Do we need to fight ourselves to find a way to get out of our problems?

**Mindfulness-based cognitive therapy and metaphor-based cognitive therapy which are combination modes between Western psychology and Eastern traditional insights and methods, could be effective ways to help you to overcome you difficulties and avoid relapse.**



Dr. Phan Thieu Xuan Giang has been trained in Royal Alexandra Hospital for Children, Westmead, Australia, and worked in this area for many years.

He has a lot of experience to treat people with panic disorder, generalized anxiety disorder, OCD, PTSD, depressive disorder, and somatic symptom disorders...

He treats both Vietnamese and English-speaking patients.

If you have needs, ask for therapy at CMI for improving your wellbeing.