



Evidence-based  
psychotherapy  
for **migraine  
management**.

# Mindfulness-Integrated Cognitive Therapy for Migraine (MICT-M)

Virtual group psychotherapy program

**Mindfulness-Integrated Cognitive Therapy for Migraine (MICT-M)** is an evidence-based intervention for management of migraines, grounded in principles from cognitive behavioural therapy (CBT), mindfulness-based cognitive therapy (MBCT), mindfulness-based stress reduction (MBSR), and mindful self-compassion (MSC).

## ABOUT THE PROGRAM

- **8 week**, physician-led group psychotherapy
- Offered **virtually** across British Columbia
- **Free** to all BC residents with MSP coverage and physician/NP referral

Visit **MICTM.ca** for more info + referral form