Thematic map showing key themes and subthemes in MBCT experiences of youth with IBD

Growing in Wisdom
- Healing and compassion
  - Acceptance and mastery
- Purpose and meaning
- Meeting and Connecting
  - Validation, practical and emotional support and understanding
- Embodiment of Mindfulness
  - Emerging Hope
- Therapist's Relational Qualities
- External, Internal and Practice-related Barriers
- Isolation and Shame of an Invisible Disease

Connectedness and Shared Understanding

Therapeutic Alliance

Barriers to Mindfulness Practice