



# Mindfulness-integrated Cognitive Behaviour Therapy Training 2012

## MiCBT for Crisis-Intervention and Relapse Prevention

The aim of this 3-day introductory workshop in MiCBT is to introduce the integration of mindfulness training with core principles of Cognitive Behaviour Therapy to improve our way of addressing crisis and prevent relapse in a wide range of psychological disorders. It will describe the important theoretical framework underlying MiCBT and introduce participants to the use of these skills across a wide

range of chronic and acute conditions.

This workshop will provide opportunities to practice mindfulness skills under the guidance of an experienced teacher and principle developer of MiCBT - Dr Bruno Cayoun.

**The 3-day workshop is a comprehensive introduction to MiCBT and can be taken independently without proceeding further with the 8-week Foundation course.**

*Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an evidence-based sophisticated integration of mindfulness core principles and traditional CBT.*

*MiCBT consists of a four-stage model of treatment applicable for a wide range of conditions and ages.*

*It is based on the combination of traditional establishment of mindfulness in Theravada teachings (Burmese Vipassana tradition) with solid and well-established principles of cognitive and behavioural traditions in the West.*

## MiCBT Foundation Course for Professionals

The main aim of this 8-week Foundation Course (3-day Workshop + 7 weekly online sessions) is to provide mental health clinicians with a sound understanding of MiCBT principles, theory and practice.

Course content will involve practical and experiential work, and include:

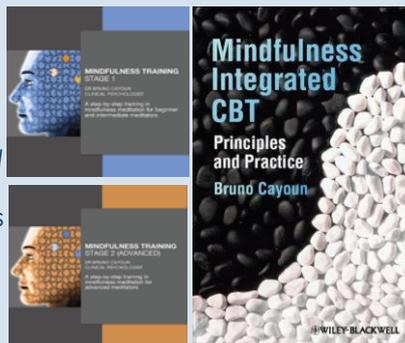
- ✓ core and advanced skills in mindfulness practice
- ✓ theoretical fundamentals of mindfulness approaches
- ✓ incorporating the complex foundations (locus and dynamics) of behaviour maintenance and extinction to improve ecological validity and therapeutic efficacy
- ✓ methods to engage the client in the MiCBT treatment plan
- ✓ implementing the four stages of MiCBT
- ✓ mindfulness-based relapse prevention strategies
- ✓ real case demonstrations on video and in a master class format will be included.

**FEE:** 3 Day Workshop: SGD 1300/-  
8 Week Course: SGD 2600/-

Includes:

- Lunch (Halal certified), free flow coffee and refreshments.
- Text: *Mindfulness-integrated CBT: Principles and Practice* Dr Cayoun (Wiley-Blackwell, 2011)
- 2 CDs for the full implementation of mindfulness training (for beginners and advanced).

**Limited places available  
Book early to avoid disappointment**



**MiCBT for  
Crisis-intervention and  
Relapse Prevention**  
4-5-6 May 2012  
Albert Court-Village Hotel  
Singapore

**MiCBT Foundation  
Course for Mental Health  
Professionals**  
(8 weeks)  
4 May– 23 June 2012  
Albert Court-Village Hotel,  
Singapore and Online

Dr Bruno Cayoun is Director of the MiCBT Institute in Hobart, Tasmania and a Clinical Psychologist in private practice.

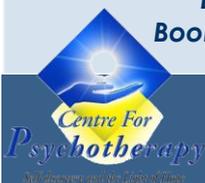
He is the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy and has been teaching this approach to mental health professionals internationally since 2003.

Dr Cayoun has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia for over 23 years. He is also an Honorary Research Associate at the University of Tasmania where he supervises mindfulness research.



Dr Cayoun is the author of 2 books, including *Mindfulness-integrated CBT: Principles and Practice* (Wiley-Blackwell, UK, 2011).

He is also the principal developer of two questionnaires, the *Short Progress Assessment* and the *Mindfulness-based Self Efficacy Scale*, now translated in Portuguese and Dutch



FOR MORE INFORMATION: [www.mindfulness.net.au](http://www.mindfulness.net.au)

FOR REGISTRATION: [info@centreforpsychotherapy.com](mailto:info@centreforpsychotherapy.com)

