

PAYMENT

Please make cheque payable immediately to:
Department of Health and Human Services and post
with your name and address to:

Lesley Wakefield (ph 62227258)
Business Support Officer, ARCH South
Upper Statton Building, Repat
90 Davey Street,
Hobart 7000

Or Department staff may arrange for your Manager
to Journal (pink form on net) the full amount (\$165+
GST **\$181.50**) to Lesley Wakefield as above with all
your details

A Tax Invoice / Receipt will be issued upon receipt of
your registration.

Booking Conditions: Places confirmed only on
receipt of registration and full payment.
Participants from large organisations please ensure
that a registration form accompanies payment.
Cancellation: Up to 5 working days before event –
refund less \$40.00 administration fee. Less than 5
working days before event – no refund but
substitutes will be accepted only if notified in
advance.

I accept the booking conditions:

Signed.....

Date

**PLEASE MAKE A COPY OF THIS FORM FOR
YOUR RECORDS**

WORKSHOP PRESENTER

Mr Bruno Cayoun

School of Psychology, University of Tasmania
and The Hobart Clinic, psychiatric hospital

Bruno Cayoun practises clinical psychology in
private practice and at The Hobart Clinic, and is
completing a doctoral thesis at the University of
Tasmania. His research focuses on the
dysfunction of attentional systems and the human
capacity for attentional and inhibitory control.

During the last 15 years, he has practised
Mindfulness meditation and undergone intensive
training in Mindfulness (Vipassana) centres in
various countries (France, Nepal, India, and
Australia), including advanced training courses.
Bruno Cayoun has developed a non-dualistic
psychotherapeutic model that integrates
mindfulness skills training with the principles of
traditional cognitive behaviour therapy
(Mindfulness-based Cognitive Behaviour Therapy
or MCBT).

This approach has been implemented in various
services and has demonstrated advantages over
traditional cognitive perspectives across a range
of chronic psychopathologies including PTSD,
unipolar and bipolar depression, GAD, Panic
Disorder, alcohol abuse, and Borderline
Personality Disorder.

Bruno Cayoun is continually providing
professional training in MCBT to various services.
He is currently writing a skills-training manual for
professionals and pursuing accreditation of the
training program for its delivery to professionals
and students.



Tasmania

DEPARTMENT of
HEALTH and
HUMAN SERVICES

Community Health Social Work
– presents –

TWO-DAY WORKSHOP: 9am to 5pm

MCBT

A two-day Workshop for Professionals in
Mindfulness-Based Cognitive
Behaviour Therapy

Mr Bruno A. Cayoun
*University of Tasmania and
The Hobart Clinic*

Date : Monday 11th October 2004

and Monday 18th October 2004

9am –5pm

Venue: The Training Room

Botanical Gardens, Domain Hobart

Community Health Social Work

PROGRAMME

MCBT

A two-day Workshop
for Professionals in
Mindfulness-Based
Cognitive Behaviour
Therapy

Mr Bruno Cayoun

University of Tasmania and The Hobart Clinic

RATIONALE

Mindfulness involves paying attention to each event experienced from moment to moment, with a non-judgemental and accepting attitude. A decade of careful research has led to the recognition among CBT research experts (e.g., Barlow, Beck, Hayes, Linehan, Marlatt, Teasdale, Wells, and Williams) that applying mindfulness principles to psychotherapy is a potent contribution for a wide range of disorders. Since its inception in Western approaches in 1982 mindfulness training has progressively become mainstream. It is researched and implemented in most leading clinics and universities in America and the UK. Research in Australia is gaining momentum and many clinicians are implementing mindfulness principles with success.

Mindfulness-based Cognitive Behaviour Therapy (MCBT) is a sophisticated integration of mindfulness core principles and traditional CBT. At The Hobart Clinic we have noted

improvement in chronic patients after a few weeks of MCBT treatment. Enthusiasm for this approach among clinicians aware of recent developments in CBT has prompted this series of innovative workshops.

The aim of this introductory (yet comprehensive) workshop is to provide clinicians with a good understanding of MCBT principles and the necessary skills to implement it in their clinical work. No prior knowledge or experience of mindfulness training is assumed. Participant numbers is limited to maintain quality of delivery.

LEARNING OUTCOMES

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

- Primary 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
- Engaging the client in the treatment plan
- Skills to implement the various stages of MCBT with patients diagnosed with most DSM-IV Axis I and Axis II disorders

Participants will receive:

- A comprehensive practice manual
- A professionally recorded CD of the full implementation of mindfulness meditation for clients (Stage 1 of MCBT). The CD also includes the recording of a standard implementation of progressive muscle relaxation.

“Mindfulness-based cognitive therapy offers a provocative, sophisticated combination of Eastern and Western approaches to psychological well-being... This new direction has promising implications for cognitive therapy...”

Aaron T. Beck, M.D. (2002)

REGISTRATION

Places are limited to 24 participants
so please register now.

Registrations close : 4/10/04

Details:

Name

Position

Address.....

E-mail

Phone (.....).....Fax.....

Manager supporting payment(if applicable)

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Cost \$150 +15 + GST16.50 = 181.50 covers:

- Two day workshop
- CD and Manual
- Morning / Afternoon tea

**Lunch is available at Gardens Kiosk or
restaurant or bring your own**