

## REGISTRATION-CS240710

Prof/Dr/Mrs/Ms/Mr First Name.....

Surname .....

Organisation .....

Postal Address .....

Suburb/Town.....

State.....Postcode .....

Telephone (daytime).....

Email.....

**FEES:** Full Fee  \$1160  
MiCBT Inst. Members & PT Student (-5%)  \$1102  
FT Student (-15%)  \$986  
(Copy of Student Card required for discounts)

### PAYMENT METHODS:

*Cheque payable to:* MiCBT Institute

*Direct Credit Payment to:* MiCBT Institute  
BSB: 067-102 Account No: 1029 2503  
Date of payment .....

(Reference with your surname)

*Credit Card Payment:* MasterCard or Visa only

Card

Number: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Cardholder

Name: \_\_\_\_\_

Expiry Date: \_\_\_\_\_/\_\_\_\_\_

Please complete this registration form and return it with your payment to:

**MiCBT Institute**  
PO Box 357  
South Hobart TAS 7004

*A tax receipt and confirmation letter will be issued to the registrant upon receipt of payment.*

## SCHEDULE

Venue opens 10.45am for a prompt 11.00am start.  
Each class runs until 3.00pm  
Light Lunch included.

## VENUE: Brisbane Riverview Hotel



Corner Hunt St and Kingsford-Smith Drive, Hamilton

## REFUND POLICY

Fees will be refunded (less \$50 administration fee) only if participants withdraw no less than 14 days prior to commencement of the course; after this date, no refunds will be made. With prior notice, substitutions are possible.

## CANCELLATION POLICY

The course management reserves the right to cancel the course up to 17 July 2010 should there be insufficient registrations to cover costs.

## WHAT YOU WILL NEED

Please bring pen and pad, cushion and comfortable clothes.

### WORKSHOP CONTENT INFORMATION

Dr Bruno Cayoun  
Ph: 0422 685 008  
Email: bruno.cayoun@mindfulness.net.au

### Bookings & Administration

MiCBT Institute  
Ph: (03) 6224 7707  
Email: training@mindfulness.net.au



## Applied Supervised Mindfulness-integrated Cognitive Behaviour Therapy Course for Professionals

with

**Dr Bruno Cayoun**

July 24 – September 11 2010

**Brisbane Riverview Hotel**

## RATIONALE

Mindfulness involves paying attention to what is experienced in the present moment, with a non-judgemental and non-reactive attitude. Since its inception in Western approaches in 1982, mindfulness training has become mainstream. A decade of careful research has led to the recognition among researchers and clinicians that integrating mindfulness training with cognitive and behavioural principles is a potent contribution to the treatment of a wide range of acute and chronic disorder. Given the rapid expansion of clinical applications of mindfulness training in Australia, APS endorsed quality training (theoretically and empirically based) has become important for clinicians, researchers, and postgraduate students and their supervisors.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), previously called Mindfulness-based Cognitive Behaviour Therapy (MiCBT), is a sophisticated integration of mindfulness core principles and traditional CBT. In the services where MiCBT is regularly implemented, we have noted rapid and sustained improvement in most life domains, even in very damaged clients with multiple difficulties.

## AIM AND SCOPE

The main aim of this comprehensive 8-lesson course is to provide clinicians with a sound understanding of MiCBT principles and the necessary skills to implement them confidently in their clinical work. No prior knowledge of mindfulness is assumed.

**Dates and time (Saturdays 11am – 3pm):**

**July:** 24,31

**August:** 7,14, 21, 28

**September:** 4,11

## LEARNING OUTCOMES

Course content will involve practical and experiential work, and participants will learn:

- ✓ core and advanced skills in mindfulness practice
- ✓ theoretical fundamentals of mindfulness approaches
- ✓ to incorporate the complex foundations (locus and dynamics) of behaviour maintenance and extinction to improve ecological validity and therapeutic efficacy
- ✓ to engage the client in the MiCBT treatment plan
- ✓ skills to implement the four stages of MiCBT with patients diagnosed with most DSM-IV Axis I and Axis II disorders
- ✓ mindfulness-based relapse prevention strategies
- ✓ real case demonstrations on video and in a master class format will be included

## MATERIAL AND SUPERVISION

**Participants will receive:**

- A comprehensive practice manual, including a wide-ranging list of references, client handouts and therapist work forms
- Two 80-minute CDs for the full implementation of mindfulness training (for beginners and advanced). The introductory CD includes a simply-explained neuro-behavioural rationale for mindfulness meditation. The Advanced CD includes 4 advanced scanning methods and Loving-kindness meditation
- During each session, participants will also receive professional supervision to assist with their application of MiCBT skills with their specific client population, addressing issues of particular interest

## PRESENTER

**Dr Bruno A. Cayoun, PsyD, MAPS**

Dr Bruno Cayoun is a Clinical Psychologist in private practice and Director of the MiCBT Institute in Hobart, Tasmania. He is the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy and has been teaching this approach to mental health professionals internationally for the past 6 years. He has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia for over 20 years. He is also an Honorary Research Associate at the University of Tasmania where he supervises mindfulness research. His current research includes the measurements of mindfulness effects in clinical groups and the effects of MiCBT on the experiences of addiction and trauma.

## PD POINTS

32 Specialist PD points for CCLIN CHP CCOUN and CEDP. Members of other APS Colleges and non-College members may claim the equivalent generalist points.



### APS Endorsed Activity

Mindfulness Integrated Cognitive Behaviour Therapy: An Applied Course for Professionals

**Points:** 32 (CCLIN CHP CEDP CCOUN)

**Code:** 10-05

**Valid To:** 16 February 2011