

MiCBT

Mindfulness-integrated Cognitive Behaviour Therapy

An 8-session Course for Professionals Atherton Tablelands - Cairns Hinterland

held between

16th May – 22nd August 2009

with

Dr Bruno A. Cayoun
The MiCBT Institute, Hobart, Australia

The main aim of this APS-endorsed comprehensive 8-week course is to provide clinicians with a sound understanding of MiCBT principles and the necessary skills to implement them confidently in their clinical work.

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.

Course content will involve practical and experiential work including:

- 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
- engaging the client in the MiCBT treatment plan
- skills to implement the four stages of MiCBT with patients diagnosed with most DSM-IV Axis and Axis II disorders
- Mindfulness-based relapse prevention strategies
- real case demonstrations on video and in a master class format will be included.

Description and Objectives

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is a sophisticated integration of mindfulness core principles and traditional CBT. In the services where MiCBT is regularly implemented, complex clients with multiple and chronic difficulties experience rapid and sustained improvement in most life domains. The aim of this professional workshop is to provide a rationale for MiCBT demonstrate effective skills to facilitate the treatment of *acute* and *chronic* conditions. A case demonstration on video will show the efficacy of MiCBT to address the *comorbidity of post traumatic stress, chronic depression and binge drinking*

Level

Beginner to intermediate, no experience of mindfulness assumed.

Mindfulness Readings

If you would like to read research on Mindfulness either go to <http://www.mindfulness.net.au/publications.html>

Pre-requisite

A working knowledge of CBT or REBT is essential.

Accreditation

This workshop has endorsement by the APS - 28 PD points

Dates

16th May, 30th May, 13th June, 27th June, 11th July, 25th July, 8th August, 22nd August

Time

10 am till 3 pm Saturday.

Please arrive at 9.30 for registration on first day and by 9.45 am on the remaining days .

Cost (GST included)

Early Bird discount is \$950 - payment must be received by close of business 25th February 2009. After 25th February cost is \$1150. This price will include:

- Training materials
 - The MiCBT manual
 - 1 CD with introductory skills in mindfulness meditation (Stage 1)
 - 1 CD with advanced skills in mindfulness meditation (Advanced Training)
- Lunch (12:00 pm)
- Afternoon tea (1:30 pm).

Facilitator

Dr Bruno A. Cayoun, MAPS, CCLIN
The MiCBT Institute, Hobart, Tasmania, Australia

Dr Bruno Cayoun is a Clinical Psychologist in private practice at the Macquarie Psychology and the Director of the Mindfulness-integrated Cognitive Behaviour Therapy Institute in Hobart. Dr Cayoun is an international speaker and teacher of MiCBT, an Honorary Research Associate at the University of Tasmania and clinical supervisor in mindfulness research worldwide.

His prior research at the University of Tasmania investigated the effects of attentional and inhibitory functions on behaviour (two essential mechanisms in mindfulness practice) in children with ADHD.

During the last 20 years, Dr Cayoun has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia.

Dr Cayoun is the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), which he began to pilot in 2001. Where this integrative approach is used as a crisis intervention and relapse prevention method, it repeatedly shows advantages over traditional cognitive and behavioural perspectives across a wide range of acute and chronic conditions.

Dr Cayoun provides continual training in MiCBT to various services and professional associations in Australia and abroad. His mindfulness training CDs are used worldwide and he is the author of a Mindfulness-integrated CBT skills-training manual for professionals and students. Dr Cayoun is also the developer of two questionnaires, the Short Progress Assessment and the Mindfulness-based Self Efficacy Scale, now translated in Portuguese and Dutch.

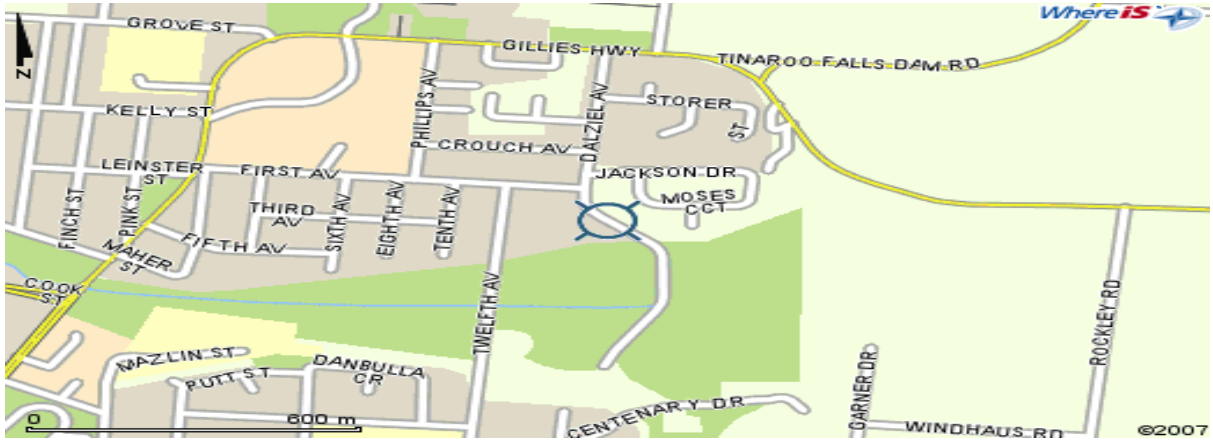
Bookings

Bookings are essential as places are strictly limited. This workshop is being organised by Tablelands Drug & Alcohol Counselling Centre. TDACC is a program of the Community Services Tablelands formerly known as Atherton Neighbourhood Centre Inc. Please address all enquiries to Jenell Wilkie on tdacc01@gmail.com or phone TDACC on 4091 2777.

Please fax all completed registration forms to Community Services Tablelands – fax no 4091 3513 or post to: PO Box 793, Atherton Qld 4883.

Venue

The Summit Rainforest Retreat & Conference Centre, 36 Twelfth Avenue, Atherton, 07 4091 5149. Please follow Dalziel Avenue to the end of the bitumen, on to the dirt road and thru the environmental park to The Summit Rainforest Retreat & Conference Centre. The Summit Rainforest Retreat & Conference Centre, www.summitrainforestretreat.com or info@summitrainforestretreat.com



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MINDFULNESS-INTEGRATED CBT WORKSHOP An 8 session course for Professionals

16th May – 22nd August 2009

with
Dr Bruno Cayoun

REGISTRATION FORM

Please regard this registration as a TAX INVOICE

Surname:.....

First Name:.....

Organisation:.....

Postal Address:.....

Suburb/Town:.....

Telephones (daytime): (.....).....

Email:.....

- I enclose cheque/money order payable to Community Services Tablelands Inc for *Early bird discount rate* of \$950 (Incl GST)
- I enclose cheque/money order payable to Atherton Neighbourhood Cent Community Services Tablelands Inc. for \$1150 (Incl GST)
- I have paid _____ directly into WESTPAC - BSB 034 160 A/c NO. 155963
*Insert **MiCBT & your name** for easy tracking*

Please forward remittances/registration forms by post to Community Services Tablelands, PO Box 793, Atherton Qld 4883, or via fax: 07 4091 3513 or email anc4bk@westnet.com.au

Please complete this registration form and return it by **Wednesday 25th March 2009** with the money to ensure your Early Bird Discount:

PLACES ARE STRICTLY LIMITED & EARLY BOOKINGS ARE ESSENTIAL

PLEASE CONTACT 07 4091 3733 FOR QUERIES REGARDING PAYMENT. INFORMATION RELATING TO THE WORKSHOP CONTENT SHOULD BE DIRECTED TO JENELL WILKIE on tdacc01@gmail.com

TDACC, P.O. Box 793, ATHERTON QLD 4883
FAX: 07 4091 3513 PHONE: 07 4091 2777



Community Services Tablelands Inc
ABN 19549242329

formerly
Atherton Neighbourhood Centre Inc.

OFFICE USE ONLY

Date Registration Received
____/____/2009

Date Payment Received
____/____/2009

Method of Payment: _____

Amount: \$ _____

Receipt No: _____

Entered by: _____

Date: ____/____/2008