

## RATIONALE

Mindfulness involves paying attention to each event experienced from moment to moment, with a non-judgmental and non-reactive attitude. Over a decade of careful research has led leading researchers and clinicians to recognise that applying mindfulness principles to psychotherapy is a potent contribution to treatment for a wide range of disorders. Partly, this is because training clients to develop mindfulness skills adds an experiential dimension to the chosen treatment modality, leading to more self-awareness and self-acceptance.

Since its inception in Western approaches in the late 70s, mindfulness training has become mainstream. It is researched and implemented in most leading clinics and universities in America and the UK. In Australia and New Zealand, many clinicians are also implementing mindfulness principles successfully and research is gaining momentum, as highlighted by an increasing number of research grants.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is a sophisticated integration of mindfulness core principles and traditional CBT. This treatment approach has been developed over 8 years ago and implemented since to address crisis and prevent relapse in a wide variety of conditions.

In the various 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 aim of this 1-day workshop is to introduce a way of integrating 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 neurobehavioural theoretical framework underlying MiCBT and help participants feel confident to use mindfulness training with their clients.

The workshop will provide opportunities to practise mindfulness skills under the guidance of an experienced teacher, so that theory and personal experience are made consistent.

This introductory workshop is open to all clinicians, students and researchers involved in mental health.

## LEARNING OUTCOMES

Course content will involve practical/ experiential work. Participants will learn:

- Skills in mindfulness practice
- Theoretical fundamentals of mindfulness training
- Incorporating the complex foundations (locus and dynamics) of behaviour maintenance and change to improve therapeutic efficacy
- How to engage the client in the treatment plan
- The four stages of MiCBT with patients diagnosed with most DSM-IV Axis I and Axis II disorders and some health conditions, such as Chronic Pain and Type 2 diabetes
- Mindfulness-based relapse prevention strategies

## 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 the past 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 consequences in clinical groups and the effects of MiCBT on the experiences of addiction and trauma.

## PD POINTS

Members of the APS Colleges of Clinical, Counselling, Educational/Developmental and Health Psychologists can claim 14 (Level 2) specialist points. Other APS members can claim 14 generalist points.



### APS Endorsed Activity

Mindfulness-integrated Cognitive Behaviour Therapy for crisis intervention and relapse prevention

Points: 14 (CCLIN CHP CEDP CCOUN)

Code: 09-496

Valid To: 23 October 2010

## REGISTRATION-WS311009

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

Surname .....

Organisation .....

Postal Address .....

Suburb/Town.....

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

Telephone (daytime).....

Email.....

**FEES:** Full Fee  \$280

PT Student (-5%)  \$266

FT Student (-15%)  \$238

(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 8.45am for a prompt 9.00am start.

The workshop runs until 5.00pm

Morning and Afternoon tea + Lunch included.

## VENUE: Arcade Room-UNSW Sydney

**Getting there on foot:** Enter through Gate 9, High St, proceed down Chancellery Walk until you reach the Mathews Arcade on the right. Proceed downstairs and enter the Arcade. The Arcade Room is located on the left.

**Parking:** Enter through Gate 11, Botany St. Park in multi-level parking station. Parking charges apply on weekdays. Upon exiting vehicle proceed out of carpark, pass through the Samuels Building underpass and proceed down Chancellery Walk until you reach the Mathews Arcade on the left. Proceed downstairs and enter the Arcade. The Arcade Room is located on the left.

## 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 15 October 2009 should there be insufficient registrations to cover costs.

### WORKSHOP CONTENT INFORMATION

Bruno Cayoun

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### Bookings & Administration

MiCBT Institute

Ph: (03) 6224 7707

Email: [training@mindfulness.net.au](mailto:training@mindfulness.net.au)



Mindfulness-integrated Cognitive Behaviour Therapy - Treatment Training Research



## Mindfulness-integrated Cognitive Behaviour Therapy for Crisis Intervention and Relapse Prevention

with

Dr Bruno Cayoun

A 1 day-introductory course

Arcade Room  
University of New South Wales

October 31 2009