

MiCBT

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

A 4-day workshop With

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The Psychology Centre, Hobart, Australia

Learn how to use MiCBT techniques to help clients regulate emotions and address crisis from the principal developer of MiCBT.

Description and Objectives

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is a sophisticated integration of mindfulness core principles and traditional Cognitive Behaviour Therapy (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.

This 4-day professional workshop will comprise two 2-day sessions, separated by two months to provide participants with opportunities to apply the tools learned in their clients. PART 1 will cover traditional CBT, its applications and limitations. PART 2 will provide a rationale for the integration of mindfulness with CBT and demonstrate effective skills to facilitate the treatment of *acute* and *chronic* conditions. A master class and case demonstration on video showing the efficacy of MiCBT will be included. Participants can register for either or both sessions.

Learning Outcomes

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

- ✚ Theoretical fundamentals of cognitive and behavioural approaches
- ✚ Traditional CBT techniques
- ✚ Strengths and weaknesses of traditional CBT
- ✚ Theoretical fundamentals of mindfulness approaches
- ✚ Core skills in mindfulness practice
- ✚ The four stages of MiCBT
- ✚ To engage clients in the MiCBT treatment plan
- ✚ Mindfulness-based relapse prevention strategies

Level

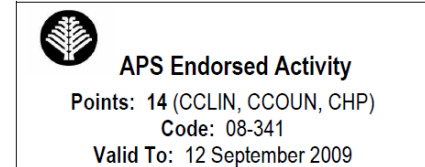
Beginner to intermediate, no experience of mindfulness assumed.

Mindfulness Readings

If you would like to read research on Mindfulness, download free articles from the MiCBT web site: <http://www.mindfulness.net.au/publications.html>

Accreditation

PART 2 of this workshop is endorsed by the APS Colleges of Clinical, Health and Counselling Psychologists - 14 specialist or generalist PD points. Participants may apply personally for another 14 PD points for PART 1.

**Dates**

PART 1: Saturday 14th and Sunday 15th February 2009

PART 2: Saturday 2nd and Sunday 3rd May 2009

Time

9 am till 5 pm both days. Please arrive at 8.30 am for registration on first day.

Cost

Health Professionals \$395 per two day component if booked separately or \$645 for all four days, (both full weekends) if booked together. Fountainhead Method Trained Life Coaches \$295 per two day component or \$495 if booked together.

Venue

Fountainhead Organic Retreat
Maleny, Queensland.

Facilitator

Dr Bruno A. Cayoun
School of Psychology, University of Tasmania and
The Psychology Centre (TAS)

Dr Bruno Cayoun is a Clinical Psychologist in private practice at the Psychology Centre and the Director of the MiCBT Institute Hobart, Tasmania. He is an international speaker and teacher of MiCBT and a consultant 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, he has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia.

Over the last 7 years, Bruno has developed a therapy model that integrates mindfulness training with the principles of Cognitive Behaviour Therapy, which is known as Mindfulness-integrated Cognitive Behaviour Therapy or MiCBT. This integrative approach is used as a crisis intervention and relapse prevention method

which is demonstrating advantages over traditional cognitive perspectives across a range of acute and chronic conditions.

Bruno provides continual training in MiCBT to various services and professional associations in Australia and overseas. His mindfulness training CDs are used worldwide and he is the author of a Mindfulness-integrated CBT skills-training manual for professionals and students. Bruno 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 Call

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or e-mail

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Accommodation: Local available upon request.