



Co-organizer

MiCBT

Addressing Gambling Addiction with Mindfulness-integrated Cognitive Behaviour Therapy

Learn how to use MiCBT techniques to address addictions crises and train the brain to regulate emotions and prevent relapse. This is a unique opportunity to learn with the principal developer of MiCBT.

Dates: 12, 13, 14 September 2009

Time: 9 am-5 pm (Please arrive at 8.30 am for registration on first day.)

Venue: 7th Floor, Library Complex, Hong Kong Shue Yan University

Facilitator

Dr Bruno A. Cayoun, PsyD, MAPS, CCLIN

School of Psychology, University of Tasmania & The MiCBT Institute, Hobart, Tasmania, Australia

Dr Bruno Cayoun is a Clinical Psychologist in private practice at 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.

Dr Cayoun is the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), which he began to pilot in 2001. He also 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.

Description of the Workshop

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 the use of MiCBT in problem gambling clients and demonstrate effective skills to facilitate the treatment of comorbid acute and chronic conditions.



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Learning Outcomes

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

1. Core skills in mindfulness practice
2. Theoretical fundamentals of mindfulness approaches
3. Rationale for mindfulness in the treatment of gambling addiction
4. The four stages of MiCBT
5. To engage clients in the MiCBT treatment plan
6. Mindfulness-based relapse prevention strategies

The workshop is suitable for

Anyone who is helping professions, eg; counselors, gambling and addiction therapists, psychologists, social workers, medical staff etc. From Beginner to intermediate, no experience of mindfulness assumed. A working knowledge of CBT or REBT is essential.

Continuing Professional Development

This course is validated by the Asian Professional Counselling Association, and certificates of Attendance will be provided for CPD purposes.

Cost

Full fee : HKD 2000 (including 4 tea breaks).

Early bird (enrol on or before 5 September, 2009) : HKD1600

APCA registered members : HKD1400

(Price includes an electronic copy of the *MiCBT manual*.)

Mindfulness Readings

If you would like to read research on Mindfulness either go to

<http://www.mindfulness.net.au/publications.html> or email Jenell Wilkie on

tdacc01@gmail.com



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Enrollment Form

1. Application will be accepted on first-come-first-served basis.
2. Fees are non-refundable.
3. If Storm Warning Signal No.8 or above, or Black Rainstorm Warning Signal is hoisted, the lesson will be cancelled. Details of postponement or other arrangements will be announced afterwards.
4. Receipt of application fee will be issued on the first day of the course.

Remark

Please complete the workshop enrolment form, then send it with crossed cheque payable to ‘Asian Professional Counselling Association (H. K.) Limited’ to Department of Counselling and Psychology, Hong Kong Shue Yan University, 10 Wai Tsui Crescent, Braemar Hill, Hong Kong. C/O Ms Amanda Liu

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For office use only	Fee: HK\$	R#	Cash/Chq.
Course Name:	Addressing Gambling Addiction with Mindfulness-integrated Cognitive Behaviour Therapy		
Name:	Chinese :	English :	
Employer:		Type of Service:	
Address:			
Tel :	Mobile:	Office:	
Email Address:			

Your expectation towards this course: