

REGISTRATION FORM

PLEASE KEEP A COPY OF THIS FORM AS A TAX INVOICE

The Psychology Centre ABN: 56 225 250 962



Prof/Dr/Mrs/Ms/Mr:.....

First Name:.....

Organisation:.....

Postal Address:.....

.....

Suburb/Town:.....

State:.....Postcode:.....

Telephone (daytime): (.....).....

Email:.....

**Price includes GST*

_____x Registration @ \$680 = \$_____

Concession: 15% for full-time students (card required)

Concession: 5% for part-time students (card required)

This includes the MiCBT manual and 2 training CDs

I enclose my cheque/money order for \$_____

payable to the Psychology Centre,

or

I authorise the Psychology Centre to charge my: (please tick)

Bankcard Master Card Visa card AMEX

Card #: _____/_____/_____/_____

Expiry Date: _____/_____/_____ Amount \$ _____

Signature: _____

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

MiCBT Workshop Administrator
Psychology Centre
81 Princes Street
Sandy Bay—TAS 7005

IMPORTANT

Schedule

Venue opens 12:00 pm for a prompt 12:15 pm start. The classes run until 15:30 pm (allow an extra 15 minutes). Afternoon tea included.

Refund Policy

Fees will be refunded (less \$40 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 advice, substitutions are possible.

Cancellation Policy

The course management reserves the right to cancel the course up to 14 February 2008 should there be insufficient registrations to cover costs

Please book ASAP as your confirmation of attendance is on receipt of payment

MiCBT

Applied 8-week Course in
Mindfulness-integrated
Cognitive Behaviour Therapy
for Professionals

INFORMATION

Workshop Content Information

Bruno Cayoun: 0422 685 008

Email: bruno.cayoun@mindfulness.net.au

Booking & Administration

MiCBT Workshop Coordinator for Launceston

Ph: (mob) 0409 207 926 (David)

Email: ltn-coordinator@mindfulness.net.au

Venue

Seminar room 3, Third Floor, Anne O'Bourne Centre
Howick Street, South Launceston TAS - Australia
(entrance is off Howick St, opposite Mulgrave St)

with

Bruno A. Cayoun

21 February to 17 April 2008

Anne O'Bourne Centre

Launceston - Tasmania

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 CBT researchers and clinicians that integrating mindfulness training with cognitive and behavioural principles is a potent contribution to the treatment of a wide range of disorders. Given the rapid expansion of clinical applications of mindfulness training in Australia, APS-endorsed quality training (theoretically and empirically-based) has become an important matter for clinicians as well as for postgraduate students and their supervisors.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), previously called Mindfulness-based Cognitive Behaviour Therapy (MCBT), 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-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. No prior knowledge of mindfulness is assumed.

Dates and time (Thursdays):

February:	21st, 28th	12.00pm-3.30pm
March:	6th, 13th, 27th	12.00pm-3.30pm
April:	3rd, 10th, 17th	12.00pm-3.30pm

LEARNING OUTCOMES

Course content will involve practical and experiential work, and include:

- 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 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 & SUPERVISION

Participants will receive:

- A comprehensive practice manual, including a wide-ranging list of recent references, client handouts and therapist work forms.
- Two professionally recorded 80-minute CDs for the full implementation of mindfulness training (for beginners and advanced). The introductory CD also includes the recording of a standard implementation of progressive muscle relaxation.
- 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.

FACILITATOR

Bruno A. Cayoun

*School of Psychology, University of Tasmania and
The Psychology Centre (TAS)*

Bruno Cayoun is a clinical psychologist in private practice at the Psychology Centre (TAS), and a research consultant in mindfulness-based research. His Doctoral thesis involved the dysfunction of attentional systems and the human capacity for attentional and inhibitory control, (two essential mechanisms in mindfulness training) in children with ADHD.

During the last 19 years, he has practised Mindfulness meditation and undergone intensive training in Mindfulness centres in various countries (France, Nepal, India, and Australia), including advanced training courses.

Bruno has developed a model that integrates mindfulness skills training with the principles of traditional Cognitive Behaviour Therapy (Mindfulness-integrated Cognitive Behaviour Therapy or MiCBT). This integrative approach is currently used worldwide as a crisis intervention and is demonstrating advantages over traditional cognitive perspectives across a range of chronic psychopathologies including Bipolar Affective Disorder, PTSD, GAD, Panic Disorder, alcohol abuse, and Borderline Personality Disorder.

Bruno is providing continual training in MiCBT to various services and professional associations. He is the author of a skills-training manual for professionals and is developing a model of delivery for professionals, academics and students in educational institutions.