



Canterbury Branch

Are pleased to offer the following workshop

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY: AN INTRODUCTION FOR PROFESSIONALS

Dr Bruno A. Cayoun (PhD, Clinical Psychologist)

To be held:

**Copthorne Commodore Hotel ChCh, 449 Memorial Ave, Christchurch
Friday – Sunday, 5th - 7th November 2010, 9.00am – 5.00pm**

Description and Objectives: A decade of research has led to the recognition by clinical and research communities that integrating mindfulness training with cognitive and behavioural interventions may be a potent contribution to the treatment of a wide range of disorders. However, learning to integrate mindfulness with the core components of CBT skilfully is a complex and demanding process, primarily because the theoretical framework from which clinicians using mindfulness operate is often unclear or absent, and clients are often provided with ill-defined rationales for each skill to be developed. This professional workshop will provide a strong theoretical and practical basis for integrating mindfulness training in CBT. It will present the four stages of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) - a sophisticated integration of mindfulness core principles and traditional CBT. Through a master class and case demonstration on video, it will demonstrate effective skills to facilitate the treatment of acute and chronic conditions across a range of disorders. The workshop will include experiential exercises to ground theory in one's personal experience. It is also an opportunity to learn from the principal developer of MiCBT.

Course Content: The workshop will involve practical and experiential aspects, and will include: core skills in mindfulness practice; theoretical fundamentals of mindfulness approaches; a neuro-behavioural rationale for the integration of mindfulness and CBT; an expansion of our current understanding of operant conditioning; the four stages of MiCBT to address comorbidity; how to engage clients in the MiCBT treatment plan; mindfulness-based relapse prevention strategies.

Level: Beginner to intermediate. An understanding of cognitive and behaviour modification techniques is desirable but no prior knowledge or experience of mindfulness will be assumed.

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

Facilitator: Dr Bruno Cayoun is an author and researcher in mindfulness-based therapy and Director of the MiCBT Institute at the School of Psychology, University of Tasmania, and Clinical Psychologist in private practice 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 7 years. 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 has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia for over 20 years. His current research includes the measurements of various mechanisms in mindfulness meditation and the effects of MiCBT on addiction, trauma and comorbidity. Bruno is the author of Mindfulness-integrated CBT: Principles and Practice, to be published by Wiley (UK). The book will be available in print in January 2011. He is also the developer of two questionnaires, the Short Progress Assessment and the Mindfulness-based Self Efficacy Scale, now translated in Portuguese and Dutch.

PLEASE COMPLETE REGISTRATION FORM OVER PAGE

REGISTRATION FORM

“MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY” WORKSHOP

First Name: Surname:

Institution / Organisation:

Position:

Postal Address:

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City: Postcode:

Telephone: Fax: Email:

Special Requirements (dietary / other)

PLEASE CIRCLE	Full Reg (Non-members)	NZCCP Members	Student Members*
	\$ 850 (GST incl)	\$ 700 (GST incl)	\$ 400 (GST incl)

N.B. The registration fee includes \$60 for materials (training manual and 2 CDs)

***Students:** Please provide confirmation eg fees receipt.

The registration fee includes morning tea, lunch and afternoon tea.

Closing Date for Registration: Friday 8th October 2010

Please send completed registration form to:

Lisa Andrews, C/- NZCCP Canterbury Branch, PO Box 24, KIRWEE 7543

Please make all cheques payable to: NZCCP Canterbury Branch

Internet Banking:

A/C No: BNZ 020800 0442296.00

Reference: Mindfulness Workshop

Please note: Registrations will only be accepted with payment attached or evidence of Internet transaction. Receipts will be provided. We are unable to invoice companies.

Queries to: lisa.andrews@otago.ac.nz

Receipts & acknowledgement of placement will be issued.

Cancellations:

Cancellations must be notified in writing. Cancellations received before Friday 15th October will receive an 80% refund. Only in exceptional circumstances will refunds be given after that date. Refunds will not be available until after the workshop. In the unlikely event the workshop is cancelled by the organisers, registration will be fully refunded. No liability will be accepted for travel, accommodation or other costs/expenses incurred to registrants.

Please keep a photocopy of this flier for your records.

Workshop numbers are limited so please book early to avoid disappointment.