

Mindfulness Integrated CBT a comprehensive training

Course code: 09/21

Date: Days 1 & 2 – Thursday 26 & Friday 27 February
Days 3 & 4 – Thursday 23 & Friday 24 April

Closing date: Thursday 19 February

Cost: \$726.00

Presenter: Dr Bruno A. Cayoun

Description and Objectives

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 conditions experience rapid and sustained improvement in most life domains. The aim of this intensive professional workshop is to provide and demonstrate effective skills in MiCBT to facilitate the treatment of acute and chronic conditions.

The course will include a master class and case demonstrations on video showing the efficacy of MiCBT in addressing comorbidity.

Course content

The course will involve practical and experiential work and participants will learn:

- Core and advanced skills in mindfulness practice
- Theoretical fundamentals of mindfulness approaches
- To help clients understand the complex foundations of behaviour maintenance and extinction to improve therapeutic efficacy
- To engage the client in the MiCBT treatment plan
- Skills to implement the four stages of MiCBT with clients diagnosed with most DSM-IV Axis I and Axis II disorders
- Mindfulness-based relapse prevention strategies
- Real case demonstrations on video
- Master class demonstrations.

Course Material

- An e-copy of the MiCBT manual
- One Stage1 mindfulness training CD
- One Advanced mindfulness training CD

Pre Readings Material

A pdf copy of the MiCBT training manual will be sent to registered applicants. If you would like to read research on Mindfulness applications, visit the MiCBT web site <http://www.mindfulness.net.au/publications.html>