

The North American Chapter

The North American Chapter of the MiCBT Institute was co-founded by Drs. Andrea Grabovac and Alia Offman in 2018 under the guidance of Dr. Bruno Cayoun. The NA Chapter grew from a deep passion for MiCBT and its clinically elegant integration of mindfulness and clinical skills. Since its inception, the NA Chapter has had two guiding principles: maintaining fidelity to the MiCBT model and its Buddhist psychological foundation, and nurturing a vibrant, supportive community.

Dr. Grabovac has a keen interest in the mechanisms underlying original Buddhist teachings and emphasizes these in her teaching and clinical supervision. Andrea integrates the latest scientific research in neurobiology into training offered by the NA Chapter.

Together with Dr. Offman, they strive to provide teachings that are both rigorous and accessible. Working in the field of mental health can often be isolating and for this reason Dr. Offman has focused on community building within the NA Chapter. Initiatives spearheaded by Alia included social events for in-person workshop participants and bringing together previous and new participants at “Meet & Greet” events. She has continued to place a priority on having therapists trained by the NA Chapter feel connected and supported as part of a larger community.

Amid the global challenges presented by COVID, the NA Chapter innovatively launched “Best Practices” monthly meetings. These sessions offer a platform for MiCBT clinicians to delve more deeply into aspects of MiCBT, Dharma and guided meditation practices.

Acting as Education Coordinator, Brandilyn Willet has been integral to the success of the NA Chapter. She has assisted the Chapter in planning and implementing the new one-day online workshop, partnering with UCSD Center for Mindfulness as well as leading projects to raise the visibility of MiCBT in the United States, and creating a North American referral resource for Chapter Members.

Upcoming Initiatives

Future plans for the Chapter include:

- establishing annual 7-day residential retreats
- further expanding training into the US
- developing additional trainings in MiCBT to support clinicians.

