

RATIONALE

It is increasingly demonstrated that the integration of Mindfulness and Cognitive Behavioural Therapies is a potent new step in psychotherapeutic methods.

However, learning to integrate Mindfulness with the core components of Cognitive Behaviour Therapy (CBT) skilfully is a complex and demanding process. It takes time and practice and requires ongoing support and informed guidance from experienced teachers.

During the past 8 years, Mindfulness-integrated CBT (MiCBT) has been taught in Australia and abroad in various formats. These include 1-, 2- and 4-day introductory workshops, 1- and 2-day advanced workshops, and more comprehensive 8-week applied courses.

Given the increasing number of skilled MiCBT practitioners, the MiCBT Institute is organising this 1-day advanced workshop to help MiCBT practitioners further improve their skills. The content will include skills used with specific disorders, in contrast with other workshops and courses that tend to teach MiCBT generic skills applicable across a wide range of disorders.

For professionals interested in becoming formally accredited in MiCBT, attendance to both an 8-week course and advanced day-workshops count towards MiCBT accreditation. This is also an opportunity for MiCBT practitioners to develop expertise, greater effectiveness with more complex clients, and greater self-confidence and work satisfaction.

AIM AND SCOPE

The aim of the 1-day advanced workshop is develop expertise in integrating mindfulness and CBT. It will enable you to use MiCBT skills with complex clients confidently and effectively.

Due to the advanced nature of its content, this workshop is offered only to clinicians who have completed an 8-week applied MiCBT Course. [An 8-week course is offered in Hobart, Tasmania from 9 October to 27 November (see website for details) and participants will be able to attend this 1-day advance workshop.]

...develop and integrate MiCBT skills with complex cases...

LEARNING OUTCOMES

Workshop content will involve practical and experiential work and include:

- skill in delivering a rationale for advanced body-scanning
- detecting, diagnosing and overcoming mindfulness practice hindrances in clients
- discussion of personal practice difficulties
- analysis of difficult cases, including comorbidity resistance and health issues
- mindfulness-based exposure techniques for specific disorders
- skill in delivering a rationale for “Stage 4” of MiCBT (Loving Kindness) and explaining its relapse-prevention effects
- process of formal (VET) accreditation in MiCBT

PRESENTER

Dr Bruno A. Cayoun, PsyD, MAPS

Dr Bruno Cayoun is a Clinical Psychologist in private practice and Director of the MiCBT Institute 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 6 years. He has practised mindfulness meditation and undergone intensive training in mindfulness centres in France, Nepal, India, and Australia for the past 20 years. He is also an Honorary Research Associate at the University of Tasmania where he supervises mindfulness research. His current research includes the measurements of mindfulness consequences in clinical groups and the effects of MiCBT on the experiences of addiction and trauma.

PD POINTS

Members of the APS Colleges of Clinical, Counselling and Health Psychologists can claim 14 (Level 2) specialist points. Other APS members can claim 14 generalist points.



APS Endorsed Activity

Expertise in the integration of
Mindfulness and Traditional CBT

Points: 14 (CCLIN, CHP, CCOUN)

Code: 09-504

Valid To: 29 October 2010

REGISTRATION-WS011109

Prof/Dr/Mrs/Ms/Mr First Name.....

Surname

Organisation

Postal Address

Suburb/Town.....

State.....Postcode

Telephone (daytime).....

Email.....

FEES: Full Fee \$280

PT Student (-5%) \$266

FT Student (-15%) \$238

(Copy of Student Card required for discounts)

PAYMENT METHODS:

Cheque payable to: MiCBT Institute

Direct Credit Payment to: MiCBT Institute

BSB: 067-102 Account No: 1029 2503

Date of payment

(Reference with your surname)

Credit Card Payment: MasterCard or Visa only

Card

Number: _____/_____/_____/_____

Cardholder

Name: _____

Expiry Date: ____/____

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

MiCBT Institute
PO Box 357
South Hobart TAS 7004

A tax receipt and confirmation letter will be issued to the registrant upon receipt of payment.

SCHEDULE

Venue opens 8.45am for a prompt 9.00am start.

The workshop runs until 5.00pm

Morning and Afternoon tea + Lunch included.

VENUE: Arcade Room-UNSW Sydney

Getting there on foot: Enter through Gate 9, High St, proceed down Chancellery Walk until you reach the Mathews Arcade on the right. Proceed downstairs and enter the Arcade. The Arcade Room is located on the left.

Parking: Enter through Gate 11, Botany St. Park in multi-level parking station. Parking charges apply on weekdays. Upon exiting vehicle proceed out of carpark, pass through the Samuels Building underpass and proceed down Chancellery Walk until you reach the Mathews Arcade on the left. Proceed downstairs and enter the Arcade. The Arcade Room is located on the left.

REFUND POLICY

Fees will be refunded (less \$50 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 notice, substitutions are possible.

CANCELLATION POLICY

The course management reserves the right to cancel the course up to 15 October 2009 should there be insufficient registrations to cover costs.

WORKSHOP CONTENT INFORMATION

Bruno Cayoun

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Bookings & Administration

MiCBT Institute

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Mindfulness-integrated Cognitive Behaviour Therapy - Treatment Training Research



**Expertise in the integration of
Mindfulness
and
Traditional CBT**

with
Dr Bruno Cayoun

A 1 day-advanced course

Arcade Room
University of New South Wales

November 1 2009