

# Experiential and Interactive Introduction to MiCBT

1 Day Online Workshop MARCH 29, 2021
 10am-5pm EST

MiCBT is an evidence-based transdiagnostic therapy approach to clinical disorders that integrates mindfulness training with core principles of Cognitive Behavioural Therapy. MiCBT offers a novel and effective therapeutic system for addressing a wide range of psychological disorders, including crisis intervention and chronic conditions.

This one-day workshop describes the theoretical framework underlying MiCBT and will introduce you to the clinical use of mindfulness skills across a wide range of acute and chronic conditions.

Join clinicians from around the world in this unique opportunity to learn more about MiCBT and to explore whether training in this empirically-validated intervention would benefit your clinical practice.

## LEARNING OBJECTIVES

- Theoretical fundamentals of mindfulness training
- The use of mindfulness meditation to neutralise operant conditioning and improve therapeutic efficacy
- The role of ethics in compassion training
- The four stages of MiCBT
- Applied practices to train equanimity

**Dr. Peter MacLean**Psychologist
Ottawa, Canada

MiCBT brilliantly integrates the heart of Western psychology, CBT, with the 2500-year tradition of Eastern mindfulness. This theoretical integration is, in my opinion, among the best thinking in the field today.

## **TRAINERS**



**Dr. Andrea Grabovac**MD, FRCPC



**Dr. Alia Offman** C. Psych

#### WHAT'S INCLUDED

- Hard copy of Well-being & Personal Growth
- 30 days recorded access to the workshop
- All workshop materials mailed in advance
- Membership to the North American Chapter of the MiCBT Institute
  - 6 CE credits for Canadian
    Psychological Association members
- Online access to additional resources, pre- and post-workshop



## **WORKSHOP OUTLINE**

## Morning

- Overview of the 4 stages of MiCBT
- The Co-emergence Model of Reinforcement
- Stage 1 Role of interoception in self-regulation
- Rapid distress reduction techniques
- · Neuroplasticity and mindfulness

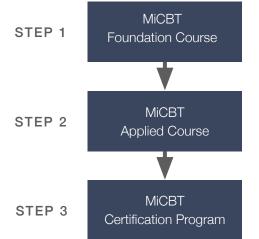
#### Afternoon

- Stage 2 Mindfulness-based exposure skills
- Stage 3 Mindfulness-based interpersonal skills
- Case conceptualization in MiCBT
- Stage 4 Compassion and relapse prevention
- Training in MiCBT

### **PREREQUISITES**

MiCBT is a mindfulness-based therapy specifically designed to address clinical and subclinical conditions. As such, only registered and currently practising mental health professionals including, *but not limited to*, psychologists, psychiatrists, psychotherapists, mental health nurses, mental health social workers, mental health occupational therapists, professionally qualified counsellors and students in these professions may apply.

## MICBT TRAINING



In the Foundation Course, you develop a sound understanding of MiCBT principles, theory and practice. A combination of didactic practice and experiential learning helps you develop your mindfulness skills before learning to implement them with clients and patients.

In the Applied Course, you learn how to implement MiCBT confidently with your individual clients and groups across a range of diagnoses, while being supervised and supported weekly by the trainer. After completion of the Applied course, you are ready to implement MiCBT on your own with clients.

Completion of the Applied Course is required for participation in the MiCBT certification program. The group supervision, masterclasses and 5 day retreat offered through the certification program provide additional opportunities to refine clinical skills in MiCBT.

Professional Rate: \$ 235 | Student Rate: \$ 185

CLICK HERE TO REGISTER

