



CPA Clinical Section Pre-Convention Workshop

Mindfulness-Based Cognitive Therapy: From Theory to Practice

Wednesday, June 12, 2013 9-4pm

Quebec City Convention Centre, Quebec

Presented By: Mark A. Lau, PhD, RPsych

This one-day workshop will be an interactive learning experience combining didactic instruction with experiential exercises to teach the key aspects of mindfulness-based cognitive therapy (MBCT). MBCT, originally developed as a group intervention to reduce the risk of depressive relapse, integrates techniques from mindfulness-based stress reduction with cognitive therapy for depression to teach individuals who have recovered from depression new skills to help prevent future relapses. A key challenge for many clinicians, however, can be how to translate the theory of MBCT to teach mindfulness skills to cultivate MBCT's above-described benefits.

Mindfulness Based Cognitive Therapy for Depression, Second Edition (2013) describes new developments in both the theory and practice of MBCT. New material from the second edition of the treatment manual will be highlighted including the increased emphasis on kindness in the MBCT curriculum and key principles of the inquiry process. In addition, preliminary data on the feasibility of delivering MBCT in an individual format will be presented.

MBCT is recommended in the United Kingdom's National Institute of Clinical Excellence (NICE) Guidelines for prevention of recurrent depression and has also been shown to be effective in treating acute symptoms of depression and anxiety.

In this workshop, you will learn about:

- 1) the link between a cognitive vulnerability model of depression and the development of MBCT to prevent recurrent depression;
- 2) research to date supporting the use of MBCT in mood and anxiety disorders and why MBCT works; and,
- 3) the core therapeutic tasks that accompany each of the MBCT group sessions including three forms of mindfulness training used in MBCT: the body scan; mindfulness of the breath, and 3-minute breathing space.

Recommended Readings:

Grabovac, A.D., Lau, M.A., & Willett, B.R. Mechanisms of Mindfulness: A Buddhist Psychological Model. (2011). *Mindfulness*. Advance Online publication. doi.org/10.1007/s12671-011-0054-5.

Segal, Z.V., Williams, J.M.G., & Teasdale, J.D. (2013). *Mindfulness Based Cognitive Therapy for Depression, Second Edition*. New York: Guilford Press.

Teasdale, J.D., Segal, Z.V., Williams, J.M.G., Ridgeway, V., Soulsby, J., & Lau, M.A. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68, 615-623.

Williams, J.M.G., Teasdale, J.D., Segal, Z.V., & Kabat-Zinn, J. (2007). *The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness*. New York: Guilford Press.



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Dr. Mark Lau is a registered clinical psychologist in private practice at the Vancouver CBT Centre and a Clinical Associate Professor of Psychiatry at the University of British Columbia. He specializes in mindfulness based cognitive therapy (MBCT) and cognitive behaviour therapy (CBT) for the treatment of depression and anxiety disorders. He also provides consultation and supervision in both these treatment modalities. Dr. Lau has over 17 years of experience teaching MBCT groups, conducting MBCT research, and leading MBCT single and multi-day professional trainings nationally and internationally. Dr. Lau's research interests include investigating the mechanisms underlying MBCT's effectiveness, the development and validation of the Toronto Mindfulness Scale, and evaluating effective methods of disseminating MBCT and CBT. He has published many articles and book chapters on MBCT and presented his research findings at numerous conferences. He is an Associate Editor of the journal *Mindfulness*. He has been awarded the Scientist-Practitioner Award from the British Columbia Psychological Association and the Excellence in Continuing Mental Health Education Award from the Department of Psychiatry, University of Toronto. http://www.vancouvercbt.ca/dr_lau.html

Registration

\$200 (CPA/OPQ Members)

\$250 (Non-Members)

\$85 (CPA/OPQ Student Members) \$110 (Student Non-Members)

**listed price does not include GST & QST*

Workshop attendees receive 5.5 Continuing Education Credits