

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOR THERAPY TRAINING

For Chronic Conditions, Crisis Intervention & Relapse Prevention



JANUARY 18-19, 2019
Lakeshore Convention Centre
TORONTO

JANUARY 25-26, 2019
The RA Centre
OTTAWA

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.

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

LEARNING OBJECTIVES

- Principles and skills in mindfulness practice
- Theoretical fundamentals of mindfulness training
- The use of mindfulness meditation to neutralise operant conditioning and improve therapeutic efficacy
- Engaging the client in the treatment plan
- The four stages of MiCBT

Earn CE CPA credits

Dr. Andrea Grabovac, MD, FRCP(C), is a Clinical Associate Professor of Psychiatry at the University of British Columbia and an inpatient psychiatrist at the Vancouver Hospital.



Since 2006, she has been using mindfulness-based interventions in various clinical populations and providing training and mentorship for clinicians in MBCT and MiCBT.



Dr. Alia Offman, C. Psych is a registered psychologist in Ottawa, providing counselling and professional training services using MiCBT.

She is an instructor at Carleton University, a trainer at the MiCBT Institute and teaches mindfulness skills to grad school students as a volunteer with the Mindful School Program.



For more information contact:
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"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."

Dr. Peter MacLean, Psychologist, Ottawa

WORKSHOP OUTLINE

DAY 1

- 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

DAY 2

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

Early Bird Rate: \$475 | Regular Rate: \$515

Student Rate: \$350

To receive the earlybird rate, registration and full payment must be received by December 1, 2018

**All rates are subject to HST. Breakfast, lunch, two breaks & all day refreshments included.*

Click a Button below to join us at our 2-day MiCBT Workshop in the location most convenient for you

Toronto Registration

Ottawa Registration

THE FOUR STEPS OF MiCBT TRAINING

STEP 1

THIS WORKSHOP

The **MiCBT Workshop** is a stand-alone course that also serves as a pre-requisite for the Foundation Course and the Applied Course. This Training is your first step in the MiCBT Certification Process.

STEP 2

MiCBT
Foundation Course

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/patients.

STEP 3

MiCBT
Applied Course

In the **Applied Course** you learn how to implement MiCBT confidently with your individual clients and groups across a range of diagnoses, in most mental health settings, public and private, while being supervised and supported weekly by the trainer.

STEP 4

MiCBT
Certification Program

Completion of the Applied Course is required for participation in the MiCBT certification program.

PREREQUISITES

MiCBT is a mindfulness-based therapy specifically designed to address clinical and subclinical conditions. As such, only registered and currently practising psychologists, psychiatrists, mental health social workers, mental health occupational therapists, mental health nurses and professionally qualified counsellors may apply.