

Mindfulness-integrated CBT

A Four Stage Transdiagnostic Treatment Approach

Experiential and Interactive Introduction to MiCBT

- 1 Day Online Workshop -
November 5, 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.

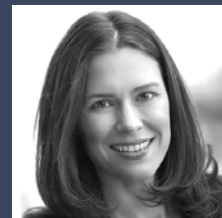
LEARNING OBJECTIVES

- 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



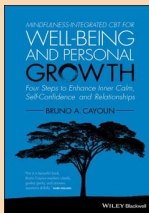
Dr. Andrea Grabovac
MD, FRCPC



Dr. Alia Offman
C. Psych

WHAT'S INCLUDED

- Hard copy of *Well-being & Personal Growth*
- 14 days recorded access to the workshop
- All workshop materials mailed in advance
- Membership to the *North 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



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

[CLICK HERE TO REGISTER](#)