

MiCBT

Addressing Crisis and Preventing Relapse with Mindfulness-integrated Cognitive Behaviour Therapy

With

Dr Bruno A. Cayoun
The Psychology Centre, Hobart, Australia

Level: Beginner to intermediate, no experience of mindfulness assumed.

Length: One day

Description and Objectives

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is a sophisticated integration of mindfulness core principles and traditional CBT. In the services where MiCBT is regularly implemented, complex clients with multiple and chronic difficulties experience rapid and sustained improvement in most life domains. The aim of this professional workshop is to provide a rationale for MiCBT demonstrate effective skills to facilitate the treatment of acute and chronic conditions.

Learning Outcomes

- Course content will involve practical and experiential work. Participants will learn:
- Core skills in mindfulness practice
 - Theoretical fundamentals of mindfulness approaches
 - The four stages of MiCBT
 - To engage clients in the MiCBT treatment plan
 - Mindfulness-based relapse prevention strategies
 - Case demonstration on video or in a master class format.

Facilitator

Dr Bruno A. Cayoun
School of Psychology, University of Tasmania and
The Psychology Centre (TAS)

Dr Bruno Cayoun is a Clinical Psychologist in private practice at the Psychology Centre (TAS), and a consultant in mindfulness-based research. His prior research involved the dysfunction of attentional systems and the human capacity for attentional and inhibitory control (two essential mechanisms in mindfulness training) in children with ADHD.

During the last 19 years, he has practised Mindfulness meditation and undergone intensive training in Mindfulness centres in various countries (France, Nepal, India, and Australia), including advanced training courses.

Bruno has developed a model that integrates mindfulness skills training with the principles of traditional Cognitive Behaviour Therapy (Mindfulness-integrated

Cognitive Behaviour Therapy or MiCBT). This integrative approach is currently used worldwide as a crisis intervention and relapse prevention method, demonstrating advantages over traditional cognitive perspectives across a range of chronic psychopathologies including Bipolar Affective Disorder, PTSD, GAD, Panic Disorder, alcohol abuse, and Borderline Personality Disorder.

Bruno is providing continual training in MiCBT to various services and professional associations. He is the author of a skills-training manual for professionals and his training CDs are used worldwide.

When: Saturday, 19 July 2008, 9.00 am to 4.30 pm

Where: Wavell Heights Bowls Club, 175 Edinburgh Castle Road, Wavell Heights

Cost: QCA members early bird (before 30 June): \$140 incl GST
QCA members after 30 June: \$160 incl GST
Non-members early bird (before 30 June): \$160 incl GST
Non-members after 30 June: \$180 incl GST
Non-waged students (proof of status must be supplied) \$100 incl GST

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Registration Form
Bruno Cayoun Workshop, 19 July 2008
Please return to Ros Turner, gca@gca.asn.au or to
PO Box 3319, Bracken Ridge Qld 4017

Name:

Address:

Phone:

email:

Payment is requested by 14 July.

Please enclose a cheque/money order made payable to QCA Inc. and post with this slip to:

QCA Inc
PO Box 3319
Bracken Ridge Qld 4017

Payment can also be made by direct deposit/electronic transfer to:

Account name: Queensland Counsellors Association Inc
Bank: Queensland Teachers Credit Union
BSB: 804 002
Account No.: 1208791

IMPORTANT Please ensure that your name (surname first) appears in the reference details. A record of your payment plus this slip should then be posted to the address above.

This workshop counts towards professional development points. Certificates will be issued signed by Bruno Cayoun.