

When the going gets tough in CBT, get mindfulness!
Mindfulness in individual CBT
Dr Mark Lau, Ph.D.,

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Information and registration : www.iftcc.com

Workshop in English (with simultaneous translation in French)

Gain a new understanding of the use of mindfulness in individual Cognitive Behaviour Therapy (CBT) for depression and anxiety. In this interactive workshop, relying on an iterative mix of mindfulness meditation, dialogue/inquiry and didactic instruction, we will explore how some of the core mindfulness skills from Mindfulness-based Cognitive Therapy, originally developed as a group-based intervention, may be helpful in individual CBT.

CBT, a change based approach, is effective in treating a wide range of psychological difficulties including depression and anxiety disorders. Yet therapists at times find themselves struggling with how to help their clients when traditional CBT techniques don't work. Mindfulness meditation, an acceptance based approach, has been shown to be effective in treating acute symptoms of depression and anxiety. A key focus of mindfulness meditation is the cultivation of an open, receptive mode of awareness, in which one intentionally faces behavioral difficulties and affective discomfort. This promotes, among other things, the possibility of de-centering and dis-identifying from ruminative, or anxious thinking patterns. The result is a more kindhearted self-observation and a softening of self-judgment.

In this workshop you will learn how to supplement CBT change-based techniques with the acceptance-based approach of mindfulness by learning:

- 1) The aim and rationale for using mindfulness in individual CBT
- 2) Research supporting the use of mindfulness in mood and anxiety disorders
- 3) Core mindfulness skills and how they can be integrated in CBT
- 4) Balancing acceptance and change based approaches

Recommended Reading:

Grabovac, A.D., Lau, M.A., & Willett, B.R. (2011). Mechanisms of Mindfulness: A Buddhist Psychological Model. *Mindfulness*, 2(3), 154-166.

Lau, M.A., & McMain, S. (2005). Integrating Mindfulness Meditation with Cognitive Behavior Therapies: The challenge of combining acceptance and change based strategies. *Canadian Journal of Psychiatry*, 50, 863-869.