



## MINDFULNESS WORKSHOP

### THE POWER OF MINDFULNESS: MINDFULNESS INSIDE AND OUTSIDE THE THERAPY - 26th & 27th april 2012 -

In collaboration with Acco (publishing company)  
Presented by Ronald D. Siegel, Psy.D.  
A workshop for MBCT trainers and psychotherapists

Mindfulness—*awareness of the present moment with acceptance*—is a deceptively simple way of relating to experience that has been practiced for over 2,500 years to alleviate human suffering. Recently, mental health professionals are enthusiastically discovering that mindfulness holds great promise both for their own personal development and as a way to enhance therapeutic relationships. It is also the central ingredient in a number of new empirically validated treatments, and is proving to be a remarkably powerful technique to augment virtually every form of psychotherapy.

#### Dag 1: Mindfulness for Personal and Interpersonal Fulfillment

The first workshop day is designed to help you to understand mindfulness practice theoretically and experientially. Through lecture, demonstrations, participatory exercises, and small group discussion, we will see how mindfulness can enrich and enliven our lives both inside and outside of the therapy hour.

We will explore how mindfulness practice can help us to deal with the personal challenges of living in an ever-changing, uncertain world filled with complicated interpersonal relationships. We will investigate the role of mindfulness in working with thorny existential issues such as loneliness, alienation, illness and loss. You'll learn a variety of formal and informal mindfulness techniques, and gain insights from both scientific and Buddhist Psychology into paths and obstacles to greater well-being.

9:30 – 11:00 am

Life is Difficult, for Everyone

Mindfulness: What Is It, And Why Should I Care?

Cultivating Mindfulness: Formal and Informal Practice

11:15 – 13:00 am

Working with Restlessness, Doubt, and the Self-Critical Mind

Narcissism: Not Just a Character Disorder

Mindfulness as an Antidote to Loneliness and Alienation



13:00 noon  
Lunch  
Optional Eating Meditation

2:30 – 4:00 pm  
Tracking the Flow of Connection and Disconnection with Others  
Developing Empathy for Annoying People without Becoming a Saint  
Using Mindfulness to Enhance Intimate Relationships

4:15 – 5:30 pm  
Using Mindfulness to Tolerate Not Knowing  
The Problem with the Pleasure Principle  
How to Be Happy: Lessons from Science and Buddhist Psychology

## Dag 2: Mindfulness-Based Clinical Interventions

Today we will focus on the integration of mindfulness practice into psychotherapy. First we'll examine how mindfulness practice can enhance therapeutic presence and transform understanding of the causes of psychological suffering. We will then discuss when and how to introduce various mindfulness techniques to our clients or patients. Special techniques for treating depression, anxiety, chronic pain, stress-related medical disorders and childhood distress will be introduced.

Throughout the workshop, we will examine contraindications for using mindfulness techniques, as well as creative ways to deal with the obstacles and challenges that arise when working with particular disorders and personalities. Upon completion, you will have a foundation for integrating this exciting, potentially transformative practice into both your personal life and your therapeutic work.

9:30 – 11:00 am  
Common Elements of Mindfulness Practices  
Tailoring Mindfulness Techniques to Particular Patients  
Empirically Tested Mindfulness-Based Treatments

11:15 – 13:00 noon  
Mindfulness for Parents and their Children  
Working with Depression: Entering the Dark Places Together  
Moving Toward Experience to Wake Up and Come Alive

13:00 noon  
Lunch  
Optional Eating Meditation

2:00-3:30 pm  
Overcoming Anxiety by Befriending Fear  
CBT on Steroids: The Wisdom of Insecurity  
*Why Zebras Don't Get Ulcers: Our Evolutionary Design Flaw*



3:45-5:30 pm

Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain  
Using Mindfulness to Treat Stress-Related Disorders  
Psychophysiological Disorders as Doors to Personal Development

*In the evening there could be an optional meditation.*

## TEACHER

**Ronald D. Siegel, Psy.D.** is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for the past 30 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness, psychotherapy and mind/body treatment and has worked for many years in community mental health with inner city children and families. Dr. Siegel maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is coeditor of the forthcoming book, *Wisdom and Compassion in Psychotherapy*, coeditor of the critically acclaimed professional text, *Mindfulness and Psychotherapy*, author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, and coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*. He is a regular contributor to other professional publications, and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy. Dr. Siegel is known as a down to earth, engaging, and entertaining presenter whose workshops regularly receive rave reviews.

## LOCATION

Centrum Het Rustpunt  
Prinsenhof 39B  
9000 Gent  
Belgium

Parking is free at the parking lot before the church. The number of places is limited.

To avoid parking difficulties please use public traffic as much as possible:

[http://www.slimweg.be/toplocaties/OVL\\_Het\\_Rustpunt\\_Gent.htm](http://www.slimweg.be/toplocaties/OVL_Het_Rustpunt_Gent.htm)

To arrange for an overnight stay please mail [bea.geysen@rustpunt.net](mailto:bea.geysen@rustpunt.net). The rate per night (breakfast included) varies from €40 to € 45.

## PRICE

**GIFT!**

**The Mindfulness Solution: Everyday Practices for Everyday Problems (Dutch version)  
(Acco/ Asoka) by Ronald Siegel**

or

**If available already, the latest book by David Dewulf,  
Train the trainer, an integration of MBSR & MBCT  
(Dutch version) (Acco)**



For those who participate in the professional training of I AM (3th or 4th level): € 250,00 per person  
For others: € 300,00 per person  
Included: lunch, water and tea.

## SUBSCRIPTION

For subscription please mail to [contact@aandacht.be](mailto:contact@aandacht.be) with “**Workshop Ronald Siegel 26 & 27 April 2012**” as subject of your mail. Afterwards we will send you a payment request for your participation in this week. In order to do this, we would like to receive your coordinates (name and address) or your invoicing address. The price **includes** a book: you can already send us your choice if you have decided which book you want.

## ARRIVAL

You are expected on day 1 at 9 a.m. for registration.  
The workshop starts promptly at **9.30 a.m.** (please arrive at least 15 min before start).  
Day 1 ends at **5.30 p.m.**  
Day 2 starts at **9.30 a.m.** and ends at **5.30 p.m.**

## PRACTICAL INFORMATION

For more practical information:  
[contact@aandacht.be](mailto:contact@aandacht.be)  
+32 (0)494 94 60 60 of +32 (0)9 328 60 90

## ANNULATION

- More than 1 month in advance before the start: you can cancel your registration without penalty
- Between 4 and 2 weeks before the start: there is a non-refundable registration fee of 15%
- Between 2 weeks and 1 week before the start: there is a non-refundable registration fee of 30%
- Less than 1 week before the start: no refund, you have to pay the full amount.
- *If you are unable to attend, you can always send another person to attend the training in your place.*

For final dates please consult the agenda on [www.aandacht.be](http://www.aandacht.be) .  
Data may change. The agenda is also often updated with new activities.