

# Mindfulness-based Cognitive Therapy

29 & 30 April 2009  
A workshop for trainers

With Prof. Mark Williams  
Co auteur van 'MBCT for depression'

Mindfulness-based cognitive therapy (MBCT) combines Jon Kabat-Zinn's Stress Reduction program with techniques from Cognitive Therapy in an eight week 'class' format. Following preliminary evidence for its efficacy in reducing relapse and recurrence in patients who have had three or more episodes of depression, interest has grown in applying the mindfulness approach to a variety of mental health problems across a range of different settings.

## Topics

The 2 day will include will include

- an overview of the MBCT curriculum with links between the classes & rationale for practices and their placement in the curriculum (including cognitive and behavioural elements)
- A short overview of some recent research (with clinical implications) on MBSR/MBCT
- Review of possible dangers & contraindications for Mindfulness
- Pitfalls in teaching & commitment to being a MBCT teacher
- How to steer a path between clarity of purpose for patient's attendance at class, motivation for doing home-based practice, on the one hand, and teaching non-striving, acceptance and 'wisdom' to participants on the other
- participants will have the opportunity to hear each others' experience with mindfulness teaching; to dialogue with others about how to deal with issues that arise from running the classes; to see how best to respond when difficulties arise.

## Workshop leader

Mark Williams is Professor of Clinical Psychology and Wellcome Principal Research Fellow in the University of Oxford. He has been interested in cognitive models and treatment of depression and suicidal behaviour for many years, and has recently been collaborating with John Teasdale and Zindel Segal in developing Mindfulness-based Cognitive Therapy to prevent relapse and recurrence in major depression. His current work, with Melanie Fennell, is examining the application of MBCT to suicidal patients

## Practical information

The 2-day workshop

- Starts on Wednesday at 9.45 a.m. and finishes on Thursday at 17:00.
- There is a brief evening program.
- There is a silent meditation in the early morning.

Please, arrive between 8:30 and 9:30 on Wednesday morning.

Early arrival? If you want to book an extra night, before or after the workshop, please contact us.

## Price, includes full board

Includes full board with delicious vegetarian meals. and accommodation in a double room. *Everyone subscribes in right honour and conscience.*

*Participants who are part of the professional training organised by IAM or See True, pay:*

- 350€ for a net family income of less than 1500€/month
- 375€ for a net family income between A. and C.
- 425€ for a net family income above 2500€/month.

*Other participants can subscribe after 1/11/08:*

- 400€ for a net family income of less than 1500€/month
- 425€ for a net family income between A. and C.
- 450€ for a net family income above 2500€/month.

## Subscription

The training is organised by 'IAM, Institute for Attention and Mindfulness' and is part of the professional training for IAM & See True. The workshop is also open for other people who had extensive professional training and experience in the past. Please mail your interest to [a@aandacht.be](mailto:a@aandacht.be) Subject of you mail: Mark Williams. Please mention your experience and past training. *As this is a workshop, the number of participants is limited to 27.*

## What to bring?

A mat, a meditation cushion (if possible) and writing material.

**Location of workshop**

[www.koningsteen.be](http://www.koningsteen.be)

Koningsteen, Kapelle-op-den-Bos  
Oxdonkstraat 168  
BELGIUM (30 min from airport)

*We are looking forward to welcoming you on this 2-day workshop.*

*David Dewulf & team*