

Registration Form

TAX INVOICE
CPM ABN: 84 589 199 516
Baer

TITLE: _____ NAME: _____

ADDRESS: _____

_____ Postcode _____

PHONE: (____) _____

EMAIL: _____

SELECT YOUR WORKSHOP:

MELBOURNE – SATURDAY 23 MAY 2009

PERTH – MONDAY 25 MAY 2009

BRISBANE – WEDNESDAY 27 MAY 2009

SYDNEY – SATURDAY 30 MAY 2009

PAYMENT

Cheque/money order payable to CPM

Amount being paid: \$286 (incl \$26 GST)

Credit Card

Mastercard Visa

Expiry: ____/____

NAME ON CARD: _____

Please print

SIGNATURE: _____

POST: CPM Training & Counselling

PO Box 188

HEIDELBERG 3084

FAX: (03) 9497 1762

PHONE DETAILS TO: 1800 100 292

Workshop Details

Melbourne **Saturday 23 May 2009**
Darebin Arts Centre
cnr Bell Street and St Georges Road
Preston (Melways 30, F2)

Perth **Monday 25 May 2009**
Boulevard Centre
99 The Boulevard
Floreat

Brisbane **Wednesday 27 May 2009**
Shangri La Gardens
1969 Wynnum Road
Wynnum

Sydney **Saturday 30 May 2009**
Waterview Convention Centre
Bicentennial Drive
Olympic Park Sydney

Workshop Duration

Each workshop will run from 9am to 5pm (including AM/PM refreshments and lunch).

Registration Fee

The registration fee is \$286 (incl \$26 GST).

This includes notes, AM/PM refreshments and lunch.

Cancellation Policy

If you cancel more than thirty (30) days prior to a workshop, you will receive a refund, LESS \$50 administration fee.

If you cancel less than thirty (30) days prior to a workshop, NO REFUND is payable. We appreciate that medical conditions or other emergencies can occur, but CPM cannot accept responsibility for these. Registrations can be transferred to another person.

Professional Recognition

Australian Psychological Society

APS Specialist Endorsement 6 points
CCOM CHP CCOUN (Pending)

Other APS Members receive Generalist points.

All participants receive a Certificate of Completion, showing number of training hours.

CPM Training and Counselling

PO Box 188
Heidelberg VIC 3084
Freecall: 1800 100 292

Visit our website for more details and a PDF of this brochure:

www.cpmervices.org

Integrating Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy in Clinical Work

**A new workshop by a researcher and
clinical practitioner in MBSR and MBCT**

Ruth A. Baer PhD

Professor of Psychology
University of Kentucky, Lexington KY, USA

Melbourne

Saturday 23 May 2009

Perth

Monday 25 May 2009

Brisbane

Wednesday 27 May 2009

Sydney

Saturday 30 May 2009

CPM
Training and Counselling

Ruth Baer, PhD

Ruth Baer is Professor of Psychology and a member and former Director of the Doctoral Programme in Clinical Psychology at the University of Kentucky in Lexington.

She conducts research on the assessment and conceptualisation of mindfulness, mindfulness-based interventions, mechanisms by which mindfulness training achieves its beneficial effects, and relationships between mindfulness and other aspects of psychological functioning.

She has completed professional training in several mindfulness-based interventions, including Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Mindfulness-Based Cognitive Therapy (MBCT), and Mindfulness-Based Stress Reduction (MBSR). Ruth teaches these interventions and supervises their implementation by doctoral students at the University of Kentucky.

Dr Baer is the developer of the Kentucky Inventory of Mindfulness Skills and the Five Facet Mindfulness Questionnaire, and editor of a recent book: *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Application*. She is currently editing a new book: *Assessing Mindfulness and Acceptance: Illuminating the Processes of Change*. She serves on several editorial boards, including *Psychological Assessment, Assessment, and Cognitive and Behavioral Practice*.

Her current projects include studies of mindfulness and psychological functioning in experienced meditators, relationships between mindfulness and self-focused attention, and relationships between mindfulness, acceptance, emotion regulation, and characteristics of borderline personality disorder.

Workshop Description

Mindfulness-based stress reduction (MBSR) is a group intervention developed by Jon Kabat-Zinn for people suffering from chronic pain and stress-related conditions. It is based on intensive training in mindfulness meditation and typically consists of eight weekly sessions lasting 2.5 hours. MBSR uses a wide range of mindfulness practices and exercises to teach participants to cultivate an observant, accepting, and compassionate stance toward their own internal experiences, including cognitions, emotional states, bodily sensations, and impulses, even those that are unpleasant or unwanted. It incorporates in-session mindfulness practices and discussion, homework practice, didactic presentation and discussion of stress and related topics, and group support. The research literature shows good support for the efficacy of MBSR in people with a wide range of problems.

Mindfulness-based cognitive therapy (MBCT) was developed by Segal, Williams, and Teasdale as a structured group intervention designed to prevent recurrences of major depression in individuals who have experienced multiple depressive episodes. It integrates MBSR with elements of cognitive therapy that cultivate understanding of the relationships between thoughts and feelings and teach participants to disengage from ruminative, depressogenic thinking patterns. MBCT is based very closely on MBSR, but includes several treatment components not found in MBSR. Although MBCT was originally designed for the prevention of depressive relapse, applications to other problems and disorders are being explored, and the research literature shows promising results.

At the University of Kentucky we have been developing an integration of MBSR and MBCT strategies for groups of adults with a wide range of complaints, including stress, anxiety, pain, depression, and dysregulated emotions.

The intervention we are using is very similar to both MBSR and MBCT and is appropriate for individuals who are willing and able to engage in the regular practice of mindfulness meditation exercises for the duration of the intervention. Some of our participants are simultaneously engaged in individual psychotherapy, whereas others are not.

This workshop will emphasise experiential learning through practice and discussion of mindfulness exercises used in this intervention. A brief overview of theoretical foundations and the relevant research literature will be presented. Practical issues in the implementation of the intervention will be discussed. Participants can expect to gain:

- Increased understanding of conceptual foundations for the use of mindfulness skills in the treatment of individuals with a wide range of difficulties.
- Experience with several mindfulness meditation exercises used in MBSR and MBCT, including the body scan, sitting meditation, mindful yoga, the 3-minute breathing space, and mindful walking and eating.
- Increased understanding of what to expect when teaching these skills and practices in mixed groups, including responding to questions and concerns about the practices and dealing with difficulties in homework compliance.
- Increased familiarity with the research literature supporting the efficacy of mindfulness training.

Workshop designed for psychologists, counsellors, social workers, therapists, rehabilitation counsellors and any health/mental health professional working with clients experiencing stress, anxiety, pain, depression and emotional states.

Testimonials

Edited reviews of Ruth's book: *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Application*

“Overall . . . (this book) offers theoretical and practical information and advice for both clinicians and researchers ... the short, application-based and well-written chapters, along with case examples and issues encountered by clinicians and researchers in using these treatments, make Baer's book a valuable addition to the library of clinicians and researchers interested in mindfulness-based treatments for a wide variety of disorders and populations” (Marlatt & Bowen, *PsychCritiques-Contemporary Psychology: APA Review of Books*, 51(36), 2006).

“I am a wellness coach at a cancer center and stress is one of our biggest challenges. (This book) has been helpful for it has not only helped build my knowledge and understanding around mindfulness training, but it has also given me an understanding of the empirical evidence... the case studies have been very helpful in building my understanding of how mindfulness training works in real world situations” (Amazon website).

Workshop participants' comments:

- “The presentation was delightful. Material and presenter melded in an excellent way.”
- “Very engaging speaker.”
- “Very interesting. Dr Baer was a great presenter and extremely knowledgeable.”