

Outline

Competencies of MBCT

Foundations of MBCT

Mindfulness-Based Stress Reduction (MBSR)
Original MBCT trials
Evidence base for MBCT
Neurological evidence

Principles

Adaptation and expansion of CBT principles
Decenter from strong and persistent negative thoughts
Leading mindfulness exercises skillfully
Mindful inquiry

MBCT Curriculum & Core Therapeutic Tasks

Session 1: Awareness and Automatic Pilot

Raisin exercise - distinguish thinking and feeling
Body scan - foundation to build attention
Mindfulness of daily activities

Session 2: Living in Our Heads

ABC model for linking thoughts and emotions
Pleasant events calendar to foster attention to the positive
Mindful breathing for stress and focus

Session 3: Gather the Scattered Mind

Mindful stretching for working with discomfort
Mindful walking for dynamic mindfulness
Unpleasant events calendar to relate differently to difficulty
3-Minute breathing space

Session 4: Recognize Aversion

Mindfulness of breath, body, sounds to deepen awareness
Working with difficulties without struggle

Session 5: Allow/Let Be

Exposure to difficult thoughts and feelings to transform them
Notice thoughts without getting lost in them

Session 6: Thoughts are Not Facts

Purposefully exposing to strong thoughts and feelings
Techniques for working wisely with difficult thoughts

Session 7: How Can I Best Take Care of Myself?

Recognize relapse signatures to prevent future problems
Develop self-care action plans

Session 8: Maintaining and Extending New Learning

Personalize mindfulness practices for individual clients
Maintain momentum of positive gains

Clinical Issues – Advanced Strategies for Working with Challenging Clients:

Adaptations of MBCT for:

Depression
Stress
Anxiety
Chronic Pain
PTSD
Substance Use Disorders
Children & Adolescents

Limitations of the Research and Potential Risks

Most research has been done in group settings
Best when clients have the cognitive capacity to engage in the practices
Adaptations must be made for acute conditions and special populations
Mindfulness involves moving into experiences, which may cause a temporary exacerbation of symptoms

Evaluations and Dissemination

Objectives

1. Compile the underlying mechanisms that make mindfulness techniques effective for stress, depression, anxiety, trauma, pain, and addiction.
2. Breakdown the role of thoughts in perpetuating symptoms of stress, anxiety, and depression as it relates to ruminating thoughts and behaviors in clients.
3. Describe the brain changes associated with mindfulness practice to explain to clients the scientific effectiveness of practicing mindfulness.
4. Connect how mindfulness builds upon and refines the evidence-based principles of Cognitive-Behavioral Therapy (CBT).
5. Incorporate mindfulness practices into traditional CBT thought records to help alleviate clients of intrusive, obsessive compulsive thoughts.
6. Utilize specific mindfulness-based techniques to help clients disengage from the narrative of negative thoughts and emotions.
7. Organize the eight session structure used MBCT program in your own clinical setting.
8. Differentiate between the group process in MBCT vs. CBT to avoid clients' cycles of struggling with distressing thoughts and feelings.
9. Practice guiding a client through a 3-minute mindfulness exercise to improve the consistency of conscious choices rather than automatic reactions when distressed.
10. Explore the use of decentering skills with a client, in a session, in the reduction of worry and ruminations.
11. Apply the three steps of the mindful inquiry process, after the mindfulness exercise is over, to help clients more quickly internalize the skills and attitudes that allows them let go of struggle and make conscious choices.
12. Adapt the MBCT curriculum to different client populations, including children, as it relates to treatment considerations.

"Richard Sears shares his wisdom and experience by providing a complete [overview] of an 8-week course of MBCT. Whether you're an experienced provider or a novice, you'll love seeing how Dr. Sears does this. When it resembles how you do it, you'll feel validated. When it's different, you'll appreciate the fresh ideas"

Ruth Baer, Ph.D., author of *The Practicing Happiness Workbook* and *Mindfulness-based Treatment Approaches*

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MBCT

CERTIFICATE COURSE

Featuring,
Richard W. Sears, PsyD, Ph.D., ABPP
National speaker, author and expert on mindfulness & MBCT

Tallahassee, FL
Tuesday & Wednesday
February 19 & 20, 2019

Jacksonville, FL
Thursday & Friday
February 21 & 22, 2019

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"Richard Sears has the expertise to immerse you in these concepts and skills to improve your clinical work as well as your own self-care."

Zindel V. Segal, Ph.D.
Co-developer of MBCT

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Powerful exercises will be practiced throughout both days!

Are you like many other frustrated clinicians, wanting to incorporate mindfulness into your therapy practice but struggling to do so? All around you are mindfulness articles and workshops that are ineffective to give you concrete, practical skills to help your clients.

Take action today! An emerging evidence-based approach, called Mindfulness-Based Cognitive Therapy (MBCT) has proven effectiveness!

In this new experiential two-day certificate workshop, immerse yourself in the entire MBCT curriculum, an 8 session structured program that combines mindfulness and cognitive therapy techniques. MBCT is evidenced based, and is an advanced clinical version of the popular Mindfulness Based Stress Reduction (MBSR).

Expert trainer Dr. Richard Sears will personally guide you step by step through core competencies of MBCT with passion, humor, and wisdom from his 30 years of teaching mindfulness. He will show you proven strategies for a wide range of psychological disorders, including:

- ✓ PTSD
- ✓ Chronic pain
- ✓ Depression
- ✓ Anxiety
- ✓ Addictions
- ✓ And MORE!

Add this treatment approach to your toolbox to use with individual clients or group therapy! No stressing, just follow the 8 sessions laid out in this 2-day workshop!!

Certificate of completion will be awarded at the end of the course.

Speaker



Richard Sears, Psy.D., PhD, MBA, ABPP, is a licensed psychologist in Cincinnati, Ohio, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), runs a private psychology and consultation practice, and is the Director of the Center for Clinical Mindfulness & Meditation. He is also clinical assistant professor at Wright State University School of Professional Psychology, clinical/research faculty at the UC Center for Integrative Health and Wellness, volunteer professor of Psychiatry & Behavioral Neurosciences at the UC College of Medicine, and a research/psychologist contractor with the Cincinnati VA Medical Center.

His most recent books include: *Cognitive Behavioral Therapy & Mindfulness Toolbox* (PESI, 2017); *Mindfulness: Living Through Challenges and Enriching Your Life in this Moment* (Wiley-Blackwell); *Perspectives on Spirituality and Religion in Psychotherapy* (PR Press); *Building Competence in Mindfulness-Based Cognitive Therapy* (Routledge); and *Mindfulness-Based Cognitive Therapy for PTSD* (Wiley-Blackwell). Dr. Sears is lead author of *Mindfulness in Clinical Practice* (PR Press) and *Consultation Skills for Mental Health Professionals* (Wiley).

Dr. Sears is a fifth-degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama with his teacher, Stephen K. Hayes. He has studied the Eastern Wisdom traditions for over 30 years, receiving ordination in three traditions, and has been given transmission as a Zen master.

Speaker Disclosures:

Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc.

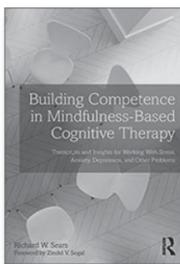
Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

CERTIFICATE COURSE

MBCT

co-developed by Zindel Segal, combines the solid principles of CBT with the attentional training of mindfulness

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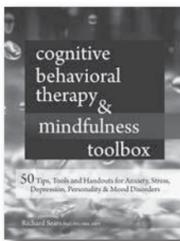


Building Competence in Mindfulness-Based Cognitive Therapy Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems

By Richard Sears, Psy.D., Ph.D., MBA, ABPP

your presenter!

This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.

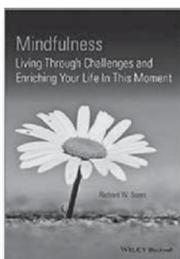


Cognitive Behavioral Therapy & Mindfulness Toolbox 50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, Psy.D., Ph.D., MBA, ABPP

your presenter!

Cognitive Behavioral Therapy (CBT) has been an effective intervention for decades, but few clinicians have discovered the powerful treatment results of combining CBT with Mindfulness. Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy -- all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.



Mindfulness Living Through Challenges and Enriching Your Life In This Moment

By Richard Sears, Psy.D., Ph.D., MBA, ABPP

your presenter!

Mindfulness: Living Through Challenges and Enriching Your Life In This Moment shows how the ancient practice of mindfulness can help us live a fuller and more enriching life.



Just One Thing Card Deck 52 Practices for More Happiness, Love and Wisdom

By Rick Hanson, Ph.D.

We are so busy these days that it's great to have just one thing to focus on: a simple practice to reflect on and be inspired by that will gradually strengthen your neural pathways of happiness, love, and wisdom. These practices are grounded in brain science, positive psychology, and contemplative training. They're simple and easy to do - and they produce powerful results: bringing you more joy, more fulfilling relationships, and more peace of mind and heart.



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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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FLORIDA OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 12.6 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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- 4:00** Program ends

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