This one-day workshop will be an interactive learning experience combining didactic instruction with experiential exercises to teach the key aspects of Mindfulness-Based Cognitive Therapy (MBCT). MBCT is now included in the National Institute of Clinical Excellence (NICE) Guidelines in the UK for prevention of recurrent depression. More recently, MBCT has been shown to be effective in treating acute symptoms of depression and anxiety for a wide range of individuals including individuals who have experienced cancer.

MBCT, originally developed as a group intervention to reduce the risk of depressive relapse, integrates techniques from mindfulness-based stress reduction with cognitive therapy for depression to teach individuals who have recovered from depression new skills to help prevent future relapses. The focus of MBCT lies first in familiarizing these individuals with the thoughts and emotions that characterize depression. Then, through mindfulness practice, an individual learns to interrupt cycles of thoughts, emotions and behaviors that can otherwise spiral into clinical depression and to develop a different relationship to these mind and mood states such that thoughts and emotions are seen as transient events rather than facts. This promotes the possibility of de-centering and dis-identifying from the narrative of depression and seeing oneself as whole rather than broken. The result is a more kindhearted self-observation which softens judgments about cognitive and psychological triggers.

A key challenge for many clinicians, however, can be how to translate the theory of MBCT to teach mindfulness skills to cultivate MBCT’s above-described benefits. In this workshop, key principles in leading mindfulness meditation, the inquiry process that follows and how to help workshop participants overcome obstacles in their own mindfulness practice will be demonstrated.

Objectives:

In this workshop, you will learn:

1) the link between the development of MBCT and a model of cognitive vulnerability to depression;
2) about empirical support for using MBCT in mood and anxiety disorders as well as in psychosocial oncology;
3) the neurobiology of mindfulness as it relates to attentional control and affect regulation;
4) and, about the structure of MBCT and the core therapeutic tasks that accompany each of the group sessions including three forms of mindfulness training used in MBCT: the body scan; mindfulness of the breath, and 3-minute breathing space.
Presenters:

**Mark A. Lau** PhD, R Psych

Mark Lau is a registered clinical psychologist in private practice at the Vancouver CBT Centre; a Clinical Associate Professor of Psychiatry at the University of British Columbia and a Founding Fellow of the Academy of Cognitive Therapy. He specializes in mindfulness-based cognitive therapy (MBCT) and cognitive behaviour therapy (CBT) for the treatment of depression and anxiety disorders. He also provides consultation and supervision in both these treatment modalities. Dr. Lau has over 15 years of experience teaching MBCT groups, conducting MBCT research, and leading MBCT single and multi-day professional trainings nationally and internationally. Dr. Lau's research interests include investigating the mechanisms underlying MBCT's effectiveness, the development and validation of the Toronto Mindfulness Scale, and evaluating effective methods of disseminating MBCT and CBT. He has published many articles and book chapters on MBCT and presented his research findings at numerous conferences. He is an Associate Editor of the new journal Mindfulness. He has been awarded the Scientist-Practitioner Award from the British Columbia Psychological Association and the Excellence in Continuing Mental Health Education Award from the Department of Psychiatry, University of Toronto.

http://www.vancouvercbt.ca/dr_lau.html

**Dr. Andrea Grabovac**, MD, FRCPC, Consultant Psychiatrist

Dr. Andrea Grabovac is a Clinical Assistant Professor in the Department of Psychiatry at UBC. She works as a consultant psychiatrist in the Brief Intervention Unit and the Emergency Room at Vancouver Hospital as well as at the BC Cancer Agency, where she uses mindfulness-based clinical interventions in her work with cancer patients.

Her involvement with the Mindfulness Based Cognitive Therapy program at the Vancouver Hospital outpatient department includes quality assurance research. Together with Dr. Mark Lau, she is completing a funded research project looking at patient preference for modes of MBCT delivery (group, individual, telephone and Internet) group, as well as developing a protocol for delivery of MBCT in the individual treatment setting. Her recent publications focus on enhancing clinical effectiveness of mindfulness based interventions.

**Recommended Readings:**


Costs: $150 or an Early Bird fee of $125 if you register before February 28th, 2012.

To register: Please complete registration form and send with cheque payable to Patient and Family Counselling Services, BC Cancer Agency, Vancouver Centre, 600 West 10th Avenue, Vancouver, BC, V5Z 4E6 by April 15th, 2012. Space is limited.

Name: ____________________________________________
Agency: ____________________________________________
Telephone #: ________________________________________
Address: ____________________________________________
Email Address: _______________________________________
CAPO registrant □   Non-CAPO registrant □
Cheque enclosed: Yes □   Amount: __________

Thank you!
If questions contact: Diana Hass, Secretary Patient and Family Counselling - 604.877.6000 ext 672194 or email at dhass@bccancer.bc.ca