Mindfulness-based Cognitive Therapy (MBCT)
Longitudinal Consultation Course 2014-15

Nine monthly Thursday morning sessions
-Starting October 9th, 2014

The MBCT Consultation course is a practical, hands-on program designed to provide in-depth skills training in facilitating the MBCT 8-session protocol through a combination of personal practice, inquiry into personal practice, teachbacks and feedback on/processing of teachbacks. The course is designed, in part, as a follow-up to the 5-day MBCT professional training. This course is also designed with more experienced MBCT teachers in mind as it will help them further develop their own personal practice as well as their skills in leading meditations and inquiry. The MBCT course is best-suited for mental health professionals with a personal meditation practice and/or previous training in facilitating MBCT. If you are interested in this course but are unsure as to whether this course will meet your needs, please do not hesitate to contact Dr. Mark Lau at mark.lau@vancouvercbt.ca or Dr. Andrea Grabovac at agrabovac@bccancer.bc.ca

WHO SHOULD ATTEND
This course is intended for health care practitioners who have completed an MBCT professional training or equivalent.

FORMAT
- Guided meditation
- Inquiry
- Teachbacks
- Processing of teachbacks

PARTICIPANTS WILL
- Better understand the rationale for the core MBCT practices
- Gain experience guiding MBCT meditations and leading inquiry
- Link the core MBCT practices to the Four Foundations of Mindfulness

Mark Lau, Ph.D., R. Psych. – Mark Lau is a registered clinical psychologist in private practice at the Vancouver CBT Centre and a Clinical Associate Professor of Psychiatry at the University of British Columbia. Dr. Lau has over 20 years experience providing Mindfulness-based Cognitive Therapy (MBCT) and Cognitive Behaviour Therapy (CBT) to individuals and groups; conducting MBCT and CBT research; providing leadership in developing models of mental health care delivery including innovative ways of delivering MBCT & CBT; and, providing leadership in training and education including providing MBCT single and multi-day professional trainings 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. Dr. Lau is a past recipient of the University of Toronto, Department of Psychiatry Excellence in Continuing Mental Health Education Award. He is an Associate Editor of the journal Mindfulness. http://www.vancouvercbt.ca/dr_lau.html

Andrea Grabovac, MD., FRCPC – Andrea Grabovac is a psychiatrist practicing at Vancouver Hospital and BC Cancer Agency in general psychiatry and is a Clinical Associate Professor of Psychiatry at the University of British Columbia. She has co-facilitated dozens of MBCT groups in multiple clinical populations, including for depression, oncology and chronic pain. Her academic interests include elucidating the mechanisms of mindfulness, the clinical implications of the stages of insight during the development of mindfulness, and the Buddhist foundations of Western mindfulness clinical interventions. She provides MBCT and personal practice supervision for mental health clinicians and trainees. She is a Co-Investigator in an ongoing CIHR funded trial “Integrated Mindfulness-based Cognitive Behaviour Therapy versus Cognitive Behaviour Therapy for Provoked Vestibulodynia “. She is an Associate Editor of the journal Mindfulness.
REGISTRATION INFORMATION
Call or e-mail: Sondra Piea at Vancouver CBT Centre 302-1765 West 8th Avenue, Vancouver, BC, V6J 5C6
TEL: 604-738-7337  E-mail: sondra.piea@vancouvercbt.ca
*Payment can be made by cash or cheque at the first meeting

NOTE
Due to the interactive format of the MBCT Longitudinal Consultation Course, registration is restricted to 30 participants

ACCREDITATION
Eligible for 10 hours of Section 1 Group Learning activities credits in Royal College Maintenance of Certification program

DATES AND TOPICS

1. October 9, 2014  Introduction & The Raisin Exercise
2. November 13, 2014  Body Scan
3. December 11, 2014  Sitting Meditation: Breath, Body and working with difficult sensations
4. January 9, 2015  Mindful Movement
5. February 12, 2015  3-Minute Breathing Space-Regular & Territory of Depression
6. March 5, 2015*  Mindful Walking
7. April 9, 2015  Sitting Meditation: Breath, Body Sounds, Thoughts and Choiceless Awareness
8. May 14, 2015  Sitting Meditation: Breath, Body, Working with a difficulty

*COURSE LOCATION
Room 33, Psychiatry Outpatient Department, 715 West 12th Avenue, Health Center, Vancouver Hospital; ground floor; press inpatient unit buzzer for entry

TIME
7:45 – 9:45 AM

REGISTRATION FEE
Professional Participant Fee: $450

*March 5th session booked 1st week of March due to spring break