Mindful inquiry
Leading mindfulness exercises skillfully
Techniques for working wisely with
Purposefully exposing to strong thoughts
Session 6: Thoughts are Not Facts
Noticing thoughts without getting lost in them
Exposure to difficult thoughts and feelings to
Session 5: Allowing/Letting Be
Working with difficulties without struggle
Session 4: Recognizing Aversion
Unpleasant events calendar to relate
Mindful stretching for working with discomfort
Session 3: Gathering the Scattered Mind
Mindful breathing for stress and focus
Pleasant events calendar to foster attention to
ABC model for linking thoughts and emotions
Mindfulness of daily activities
Body scan - foundation to build attention
Raisin exercise - distinguish thinking
Session 1: Awareness and Automatic Pilot
MBCT Curriculum & Core
Adaptation and expansion of CBT principles
Neurological evidence
Evidence base for MBCT
Original MBCT trials
Mindfulness-Based Stress Reduction (MBSR)
Competencies of MBCT

Objective 1: The prevalence and causes of... 
Objective 2: The role of mindfulness in... 
Objective 3: The theoretical framework of... 
Objective 4: The structured program of... 
Objective 5: The assessment tools for... 
Objective 6: The implementation strategies for... 
Objective 7: The evaluation and follow-up procedures for... 
Objective 8: The application of MBCT in... 
Objective 9: The contribution of MBCT to... 
Objective 10: The integration of MBCT with... 

Powerful exercises will be practiced throughout both days!
Mindfulness-Based Cognitive Therapy (MBCT): Co-developed by Zindel Segal, combines the solid principles of CBT with the attentional training of mindfulness.

Mindfulness: Living Through Challenges and Enriching Your Life In This Moment by Richard Sears, Psy.D., MBA, ABPP

Mindfulness-Based Cognitive Therapy (MBCT): An evidence-based approach that combines mindfulness and cognitive therapy techniques for working with stress, anxiety, depression, and other problems. Building Competence in Mindfulness-Based Cognitive Therapy provides the first transcript of an eight-week program.

Mindfulness-Based Cognitive Therapy (MBCT) has been shown to cut relapse rates for major depression, and other problems. MBCT has been shown effective in treating a wide range of psychological disorders, including:

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

Add this treatment approach to your toolbox with individual clients or group therapy! No stressing, just follow the 8 sessions laid out for you as you live a fuller and more enriching life.

101 Mindful Ways to Build Resilience: Cultivate Calm, Optimism & Happiness Each Day by Donald Alman, MA, LPC

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