

# Mindfulness Based Cognitive Therapy (MBCT) Training 2007



Southern Synergy, at Monash University, is now accepting applications for its training program in the instruction of MBCT group therapy, commencing in June 2007 (Provisional dates: week beginning 25<sup>th</sup> June to week beginning 13<sup>th</sup> August). The programme follows the group format developed by Segal, Williams and Teasdale, in the treatment of depression using MBCT within a group program context.

Participation in the training program will involve a commitment to attending weekly 2 hour training sessions over a period of 8 weeks and engaging in mindfulness practice at home (approx. 45 minutes daily). In addition there will be a 4 day intensive MBCT residential retreat, from 26-29<sup>th</sup> November 2007. Provisional cost (including accommodation/meals during the retreat is \$1950.00, subject to School approval).

Successful applicants will be graduates of relevant disciplines who:

- Have at least two years post graduate clinical experience.
- Demonstrate training and proficiency in the use of CBT.
- Already have a mindfulness practice or are committed to developing one.

Southern Synergy is conducting supervised MBCT in a research context and will work to develop a network of supervision for broader clinical supervision of MBCT.

For further information please contact: [Bernadette.O'Grady@med.monash.edu.au](mailto:Bernadette.O'Grady@med.monash.edu.au)



To apply, please send a CV which addresses the selection criteria to:  
[Bernadette.O'Grady@med.monash.edu.au](mailto:Bernadette.O'Grady@med.monash.edu.au)