

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 Wednesday 27th June 2007. The programme follows the group format developed by Segal, Williams and Teasdale, in the treatment of depression using MBCT within a group program context. It is a certificated course in the School of Psychology, Psychiatry and Psychological Medicine.

Participation in the training program will involve a commitment to attending weekly 2 hour training sessions over a period of 8 weeks (Wednesdays 7-9 pm at the Terry Norris Centre, Dandenong hospital) and engaging in mindfulness practice at home (approx. 45 minutes daily). In addition there will be a 4 day intensive MBCT residential retreat, from 26-29th October 2007.

Successful applicants will be graduates of relevant disciplines who:

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

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

Cost of the training program: \$1950.00 (including all costs for the residential retreat)



MONASH University

To apply, please send an expression of interest and 1-2 page CV which clearly addresses the selection criteria to:

Bernadette.O'Grady@med.monash.edu.au

Application closing date: 31st May 2007