

Centre for Treatment of Anxiety & Depression (CTAD)
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MINDFULNESS-BASED COGNITIVE THERAPY TRAINING RETREAT FOR CLINICIANS

17th – 22nd May 2009

Professor Mark Williams, University of Oxford, UK
&
Dr Maura Kenny, CTAD, Adelaide, Australia

The Monastery Retreat and Conference Centre, Adelaide
(www.stpauls.mx.com.au)

Mindfulness-Based Cognitive Therapy (MBCT) is a new evidence-based intervention that combines mindfulness meditation practices with cognitive therapy techniques. It is mainly aimed at relapse prevention for recurrent depression. However, numerous pilot studies suggest that it can be helpful to patients with a range of emotional and physical problems.

This residential training retreat, held in a tranquil setting in the Adelaide foothills, is aimed at clinicians with some pre-existing knowledge and experience of both mindfulness and cognitive therapy, and who have a serious interest in bringing MBCT into their lives and work.

The program reflects the integration of personal practice and professional application that is central to the approach. It includes a blend of didactic, experiential and small group work, taking participants through the MBCT programme and offering opportunities to practice teaching it to one another with the supervision of the instructors. Specific themes and areas of focus will include:

- The seamless cultivation of mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversation and dialogue
- An overview of the development of MBCT and the theory underpinning it, and a review of research supporting its clinical value
- Mindful approaches to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work
- Experiencing enough mindfulness meditation practice and self-inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician

It will be facilitated by two highly experienced mindfulness practitioners:

Professor Mark Williams, DPhil is a Professor of Clinical Psychology and Wellcome Principal Research Fellow at the University of Oxford. He holds a joint appointment in the Department of Psychiatry and the Department of Experimental Psychology. Mark's research is concerned with the psychological modelling and treatment of depression and suicidal behaviour, particularly the application of experimental cognitive psychology to understanding the processes that increase the risk of suicidal behaviour in depression. With colleagues John Teasdale (Cambridge) and Zindel Segal (Toronto) he developed Mindfulness-based Cognitive Therapy for prevention of relapse and recurrence in depression, resulting in the influential texts *Mindfulness-based Cognitive Therapy for Depression: A New Approach for Preventing Relapse (Segal, Williams & Teasdale, 2002)*, and *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (Williams, Teasdale, Segal & Kabat-Zinn, 2007)*.

Dr Maura Kenny, FRANZCP is a Psychiatrist and the Head of Unit, Mood Disorders, at the Centre for the Treatment of Anxiety & Depression in Adelaide. She delivers MBCT clinical programs for recurrent Major Depression and also coordinates a number of research projects in the area of MBCT and treatment resistant depression. Maura also has a strong interest in the training and supervision of MBCT, and has established Mindful Self Care Programs for health professionals through which MBCT courses are provided for personal and professional development. She has led and/or organised a number of residential training intensives in Mindfulness-based approaches locally, interstate and overseas.

Registration Details:

Date and Time: Sunday (4pm) 17th – Friday (2pm) 22nd May 2009
Venue: The Monastery Retreat and Conference Centre, Adelaide
Cost: \$1400 (early bird before 31/3/09)
\$1600 (after 31/3/09)
Registration: Forms attached.
Email to clementine.sicolo@health.sa.gov.au
Further information: Ph: 08 8222 8100

Please note the numbers are capped this year so early application is advised