

Mindfulness-Based CBT

Mindfulness, and more recently, mindfulness-based CBT, have had a major – and welcome – impact on the therapeutic world.

A 3-day course for 6-15 people (2-day version also available).

Background and aims:

This course concentrates much more on Mindfulness than it does on CBT. So it explains why Mindfulness meditation is likely to help recurrently depressed people, looks briefly at the published evidence that confirms that it can, and the NICE guidelines that commend it, but spends most of the time in experiential exercises and in discussing those exercises. There is a small amount of lecture input, but listening to lectures on Mindfulness is not a sensible pastime so the course focuses on understanding Mindfulness, acquiring the ability to practise Mindfulness meditation, and the ability to convey it to others.

Course Structure:

- What is CBT?
- What is Mindfulness? The three 'A's and the What and How.
- How Mindfulness and CBT fit together.
- Mindfulness and recurrent depression: the theoretical basis whereby mindfulness resolves depression.
- Learning about self-awareness.
- Training our attention.
- 'Selling' Mindfulness: persuading clients of its relevance and usefulness.
- Examining your own mindfulness.
- The 'Doing Mode' and the 'Being Mode'. Noticing: awareness without criticism.
- 'Noticing' exercises: The Mindfulness of sound. Breathing, walking and raisins.
- Describing. Exercises on describing.
- Mindfulness of breath: moving towards internal experiences.
- Being non-judgemental.
- Why is it important to be in the present moment?
- Learning to tolerate the undesirable and reducing avoidance of emotions. How does mindfulness help with this?
- Designing your own mindfulness exercise.
- Kabat Zinn's Bodyscan Meditation.
- Key skills: experiencing the undesirable, befriending your emotions.
- How to apply it to your practice: developing your own practice.

Delegates' Feedback

Average presentation rating: **96%**



Average relevance rating: **94%**



Written Feedback:

"It was undoubtedly one of the very best training courses I have ever attended."

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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