

Mindfulness-Based Cognitive Therapy for Depression Professional Training for experienced teachers



This advanced training is intended for those professionals who have an established personal mindfulness practice and who have facilitated MBCT groups. It is for those who are willing to enter into the intense nature of this training and who are aware of the necessity of personal practice as a platform from which to teach. The program is designed to foster sustained attentiveness to personal practice through the silent aspects of the week, as well as cultivate in-depth exploration of the themes, practices and exercises embedded in the MBCT curriculum. Time is allocated to practicing the delivery of teaching MBCT through small group participation and through teacher supervision. The program is highly interactive and is designed to cultivate a greater awareness of the placement of mindfulness-based approaches in our work as professionals and in our personal lives. It is also a way for us to share together the unfolding nature of mindfulness.

Prerequisites:

- Advanced degree in mental health field, education or related fields. Familiarity with cognitive behavior therapy techniques. Experience in facilitating group process.
- Personal ongoing practice in mindfulness meditation; yearly teacher led retreat experience in mindfulness practice, minimum of a 3 day retreat.
- Attendance at 5/7 day professional training program in MBCT.
- Has already facilitated a MBCT/MBSR group.

Goals:

- Development and advancement of teaching skills around the implementation of mindfulness and CBT.
- Strengthen the delivery of core teaching elements of MBCT; including the formal practices of the body scan, sitting meditation, mindful movement, walking meditation, eating meditation and the delivery of the informal practices. Placement of key CBT skills onto the platform of the formal and informal practices of mindfulness.
- To cultivate, foster and promote the ability to embody mindfulness practice in the instruction of mindfulness.
- Facilitate the ability to work with the inquiry process; enhancement of group process skills as it relates to mindfulness practice.
- Reinforce interpersonal skills; warmth, acceptance, compassion, respect and appropriate boundaries.
- Ethics; professional and personal.

- Administration, organizational and time management skills; appropriate application of MBCT, effective use of interviews, group teaching time, etc.

Program Schedule

- Day 1 silent retreat day led by the teachers.
- Day 2 - 6 intensive teaching practice, which will include practicing and teaching the core elements of MBCT, supervision and feedback from the teachers, from colleagues; large and small group processing.
- The next training will be in 2010 on the West coast of the USA. Please contact Susan Woods at susanlwoods@myfairpoint.net for further information.

Instructors:

Susan Woods, MSW, LICSW is a mindfulness-based psychotherapist in private practice. She teaches the Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) programs and is Certified by the Center for Mindfulness, University of Massachusetts Medical School as an MBSR instructor. Ms. Woods trains health-care professionals in mindfulness-based approaches both nationally and internationally, provides consultation in mindfulness-based approaches in clinical practice and is a published author in the training of professionals in mindfulness. Ms. Woods has been practicing yoga and meditation since 1981 and is a certified yoga instructor. www.slwoods.com

Char Wilkins, MSW, LCSW is a mindfulness-based psychotherapist with a long standing personal meditation practice. She teaches MBSR, MBCT and MB-EAT programs and specializes in working with women with trauma histories and eating disorders. Ms. Wilkins has trained professionals regarding mindfulness in psychotherapy, assisted in professional MBCT trainings, and provides consultation services in the use of mindfulness. She serves on the board of the national Center for Mindful Eating and is the owner/director of the Center for Mindful Living in Hartford, CT. www.amindfulpath.com.