

Mindfulness-Based Cognitive Therapy

Presented by Dr. Patricia Rockman

Workshop Details
April 28-29, 2016
9:30am – 4:30pm

Location
BEST WESTERN PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario

Fees:

Early-Bird Rate: \$349 + HST
After March 27: \$379 + HST
Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca



About the Workshop

Mindfulness-Based Cognitive Therapy (MBCT) combines the practice of mindfulness meditation with the tools of cognitive therapy. This workshop adapts this treatment to health-care providers for personal use. Participants will explore the modes of mind that often characterize changes in mood while simultaneously learning to develop a new relationship to these modes. In addition, participants will be introduced to the theoretical assumptions underlying the model as well as the application of MBCT in clinical settings.

You will learn:

- How mindfulness based interventions are applicable to dealing with negative moods, stress and anxiety
- How to use mindfulness-based cognitive strategies in your personal and professional life to increase resilience
- The use of MBCT practices in addressing depression and anxiety at an introductory level

Who should attend

Healthcare providers who are interested in learning MBCT for personal and professional resilience will benefit from this workshop. Those who wish to learn about the clinical applications of this modality will also find it of assistance.

About the Presenter:

Patricia Rockman is an associate professor with the University of Toronto, department of family and community medicine; cross appointed to psychiatry. She is the chair of the Ontario College of Family Physicians Collaborative Mental Health Network, and the Director of Education at the Centre for Mindfulness Studies. She has a private practice in CBT and leads MBCT groups. She has been educating healthcare providers in stress reduction, CBT and mindfulness-based practices for over 20 years.

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