



Mindfulness –Based Cognitive Therapy for Depression & Anxiety

presented by

Zindel Segal, Ph.D.

This seminar introduces participants to Mindfulness-Based Cognitive Therapy (MBCT), an innovative, clinically proven treatment that encourages patients to play an active role in preventing the return of depression by integrating elements of mindfulness-based meditative practice with cognitive therapy. This type of learning is experiential in nature and often involves developing a capacity to allow distressing feelings, thoughts and sensations to occupy awareness, without trying to change them, replace them with other thoughts, or fix anything about them.

Objectives: Participants will be able to describe:

- The structure of MBCT and the core therapeutic tasks that accompany each of the 8 sessions
- Three forms of mindfulness training:
 - The Body Scan
 - Mindfulness of the Breath
 - Three Minute Breathing Space
- The body’s role as a vital terminus for greeting and working with our emotions
- Using the breath as an anchor when turning towards difficult or unpleasant aspects of our experience
- Recognizing when our minds are on automatic pilot and how this cognitive motor drives rumination and worry throughout the day

12 Hours CE Credit (Social Workers Receive 11 CE Credits)

1) Mindfulness and Mood Disorders

- Depression as a chronic relapsing condition
- Pharmacological and psychological prophylaxis in Major Depression
- The rationale behind MBCT

2) The Clinical Outcomes of MBCT

- Linking the core mindfulness practices in the model to the prevention of depressive relapse—The data behind MBCT

3) Eight Session MBCT Program

- Structure of the 8 week course—*MBCT Sessions 1 to 3*
- Automatic pilot—Where is your attention? - Moving your attention into the body – the body scan

4) If You Have a Mind It Will Wander

- Responding to difficulties that arise from the practice—Mindfulness of the breath—Mindfulness practice

5) Thoughts and the Territory of Depression

- MBCT Sessions 4 & 5
- Meditation / concentration, mindfulness and psychotherapy—Thoughts and the territory of depression

6) Wide and Narrow Foci of Attention

- Expanding awareness to emotions and thoughts—Staying present—Take a three-minute breathing space

7) MBCT Sessions 6-7

- Healing and the mind—How can you best take care of yourself? - Using what has been learned to deal with future moods

8) MBCT Session 8 is the Rest of Your Life

- Mindfulness practice
- Typical problems encountered in groups
- Beginning your own mindfulness practice

Zindel Segal, Ph.D.

Zindel V. Segal has studied and published on psychological treatments for depression for over 20 years.

He received his M.A. in 1979, his Diploma of Clinical Psychology in 1980, and his Ph.D. in 1983, all from Queens University. He worked in the Dept of Psychiatry of the Toronto Western Hospital from 1984-86.

Dr. Segal began teaching at the University of Toronto in 1986. He now heads the Department of Psychiatry Psychotherapy Program and is the Morgan Firestone Chair in Psychotherapy for the Department of Psychiatry. He also heads the Cognitive Behaviour Therapy Unit of Clarke Institute of Psychiatry and directs the Cognitive Behavior Therapy Unit at the Center for Addiction and Mental Health.

Since 1984, Dr. Segal has received over 30 grants to conduct research. He is currently chief investigator of a NIMH \$2.6 million grant to study prevention of relapse in recurrent depression with MBCT.

He has published numerous articles and co-authored 5 books. His most recent book, *Mindfulness-Based Cognitive Therapy for Depression*, advocates for the relevance of mindfulness-based clinical care in psychiatry and mental health.

Dr. Segal has presented numerous seminars and workshops on the application of MBCT. He is a widely respected teacher and workshop leader whose use of insights from both the academic literature and his personal mindfulness practice is much lauded by participants.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

Available for an additional fee - See Exam Enclosed

Participant Practice Level—Intermediate

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