



MiCBT Training Opportunities in 2020

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) addresses a broad range of psychological disorders and general stress conditions. MiCBT uses a novel and effective therapeutic system based on exposure and desensitization to the "interoception" that maintains unhelpful thought processes. The 4 stages of MiCBT provide a clear structure for both therapists and clients to support progressive implementation of mindfulness skills in challenging situations in daily life.

The North American Chapter of the MiCBT Institute is offering two exciting clinical training opportunities for psychologists, psychiatrists, clinical counsellors and other registered mental health professionals:

Mindfulness-integrated CBT: A Transdiagnostic Treatment Approach

2-Day Workshop, March 6-7, 2020
Vancouver, BC

A great introduction to MiCBT for those who want to learn more about the therapeutic structure and rationale for the meditation practices used. Approved by the CPA for 12 CE Credits.

Details & Registration:
<https://mindfulness.net.au/our-programs/workshops>

Mindfulness-integrated CBT Foundation Course

Online – 10 sessions
Starts March 27, 2020 from 9am-12pm PST

This is an exciting opportunity for clinicians who are ready to take the first step in becoming certified to use MiCBT with their clients. As part of this training, you will personally experience all 8 stages of MiCBT and cultivate a twice daily meditation practice.

Details & Registration:
<https://mindfulness.net.au/our-programs/the-foundation-course>

