

THE INSTITUTE FOR THE BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

INTEGRATING CBT AND MINDFULNESS
NOVEMBER 29-30, 2018* Bala Cynwyd, PA * 12 CE/CME

The purpose of this program is to train mental health professionals to deliver effective cognitive behavior therapy.

Overall Objectives:

At the end of the course, participants will better:

1. Define mindfulness.
2. Summarize the research on mindfulness-based interventions.
3. Apply mindfulness to CBT for depression.
4. Apply mindfulness to CBT for anxiety disorders.
5. Adapt mindfulness strategies for individual clients.
6. Conduct CBT-informed mindfulness meditations.
7. Describe how core beliefs become active and inactive.
8. Apply mindfulness strategies when core beliefs become active.
9. Use mindfulness strategies to enhance self-compassion.

Define mindfulness

Robert Hindman, PhD

Summarize the research on mindfulness based-interventions

Robert Hindman, PhD

Apply Mindfulness to CBT for Depression

Robert Hindman, PhD

Apply mindfulness to CBT for Anxiety Disorders

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Adapt mindfulness strategies for individual clients

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Conduct CBT-informed mindfulness meditations.

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Describe how core beliefs become active and inactive.

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Apply mindfulness strategies when core beliefs become active.

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Use mindfulness strategies to enhance self-compassion.

Robert Hindman, PhD

References:

- Gu, J., Strauss, C., Bond, R., & Cavanagh, K. (2015). How do mindfulness-based cognitive therapy and mindfulness-based stress reduction improve mental health and wellbeing? A systematic review and meta-analysis of mediation studies. *Clinical psychology review, 37*, 1-12.
- Hülshager, U. R., Alberts, H. J. E. M., Feinholdt, A., & Lang, J. W. B. (2012). Benefits of Mindfulness at Work: The Role of Mindfulness in Emotion Regulation, Emotional Exhaustion, and Job Satisfaction. *Journal of Applied Psychology*. Advance online publication.
- Khoury, B., Lecomte, T., Fortin, G., Masse, M., Therien, P., Bouchard, V., ... & Hofmann, S. G. (2013). Mindfulness-based therapy: a comprehensive meta-analysis. *Clinical psychology review, 33*(6), 763-771.