

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

INTEGRATING CBT AND MINDFULNESS
SEPTEMBER 26-27, 2019* 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

Robert Hindman, PhD

Adapt mindfulness strategies for individual clients

Robert Hindman, PhD

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.

CE/CME Information

12 CE/CME

The Institute Better Health (IBH), formerly IAHB, has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above (except where otherwise noted).

COUNSELORS: Institute for Better Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 12 contact hours. IBH is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. The state of PA recognizes APA for counselor approval.

EDUCATORS: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

NURSES: The Institute for Better Health as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 12 CEH's.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health (IBH) and the Beck Institute. IBH is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content.

SOCIAL WORKERS: Institute for Better Health (IBH) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 12.00 contact hours. IBH has been approved by the State of Texas Board of Social Work Examiners, MC 1982, PO BOX 149347, Austin, TX 78714 (512)719-3521, to provide continuing education activities for social workers. License No. 3876.

Institute for Better Health, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12 clinical continuing education clock hours.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.