

MBCT for healthcare providers: increasing resilience and introduction to clinical applications

Mindfulness-Based Cognitive Therapy (MBCT) combines the practice of mindfulness meditation with the tools of cognitive therapy. This experiential workshop adapts this treatment to healthcare providers for personal use, introducing them to modes of mind that often characterize changes in mood while simultaneously inviting them to develop a new relationship to these modes. Mindfulness is a non-judgmental way of paying attention in the present moment. It may reduce emotional reactivity and negative thinking, increasing choice and resilience about how to respond to difficult situations. Participants will be introduced to the use of MBCT in clinical settings. Developed by Zindel Segal and others it is part of the third wave of cognitive therapies.

Learning Objectives

- 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
- Learn about the use of MBCT practices in depression and anxiety at an introductory level

To find out more and to register for this workshop, please go to our website:
www.mindfulnessstudies.com. *Enrollment is limited to 24 people.*

Accreditation

This CE event meets the accreditation criteria for 13 credits from the College of Family Physicians of Canada and 14.5 credits from the Royal College of Physicians and Surgeons of Canada .

February 3 & 4, 2012

8:30 am-4:30 pm

Facilitators:

Patricia Rockman MD, CCFP, FCFP

Gerry Craigen, MD, FRCPC

This course is sponsored in partnership
with The Centre for Mindfulness Studies
and the University Health Network.



**University
Health
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Fee \$480.00 + HST includes course materials. Location: 180 Sudbury Street
