



**MINDFULNESS-BASED COGNITIVE THERAPY:
A SEVEN-DAY TRAINING RETREAT
Mark Williams & Antonia Sumbundu
5. – 11. September 2010**

The intention of this 7-day residential training retreat is to provide clinicians with direct experience of the 8-session programme of Mindfulness-Based Cognitive Therapy (MBCT), and to offer opportunities to practice teaching elements of MBCT to one another, with supervision from the instructors. MBCT combines meditation practice with techniques from cognitive therapy in an innovative and effective relapse prevention treatment for recurrent depression. Recent pilot studies suggest that it can also be helpful to patients with a range of problems, both emotional and physical.

The retreat will be facilitated by two highly experienced practitioners of MBCT including one of the developers, and offers an opportunity to explore the approach in depth. Participants are expected to have some prior knowledge and experience of mindfulness and to have a serious interest in bringing MBCT into their lives and work. The program is highly interactive and is designed to foster a greater awareness of the placement of mindfulness-based approaches in our work as professionals and in our personal lives. It is also a way for us to share together the unfolding nature of mindfulness.

The programme reflects the integration of personal practice and professional application that is central to the approach. It includes a blend of didactic, experiential and small group work. Specific themes and areas of focus will include:

- The seamless cultivation of mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversation and dialogue
- An overview of the development of MBCT and the theory underpinning it, and a review of research supporting its clinical value
- Mindful approaches to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work
- Experiencing enough mindfulness meditation practice and self-inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician
- Opportunities to practice teaching key meditation practices, with feedback from fellow participants and from the instructors.

Level: Intermediate – Advanced. Maximum of 32 participants



Teachers:



Professor Mark Williams, University of Oxford. Mark Williams is Professor of Clinical Psychology at the University of Oxford and Wellcome Trust Principal Research Fellow. With John Teasdale and Zindel Segal, he developed and evaluated Mindfulness-Based Cognitive Therapy (MBCT) as a relapse prevention treatment for recurrent depression. He has been interested in cognitive models and treatment of depression and suicidal behaviour for many years, and is now investigating the psychological underpinnings of suicidal behaviour and the application of MBCT with people who have been suicidal.



Antonia Sumbundu, Cand.psych. aut. Specialist i psykoterapi og supervision. Antonia Sumbundu has been teaching and lecturing on MBCT and MBSR both nationally and internationally for a number of years. She is leading retreats, training and supervising professionals in mindfulness based approaches as well leading MBCT and MBSR classes. Antonia is currently reading a Masters of Studies in MBCT at the University of Oxford and she is responsible for the MBSR intervention in RCT for women treated for breast cancer in Denmark.

Cost: DKK 13.500 (including all meals and accommodation in single room).

Venue: Helenekilde Badehotel, Strandvejen 25, 3220 Tisvilde, DK (www.helenekilde.com)

Application process: Please send a brief professional resume and one type written page telling us about yourself, why you want to take this program and what you hope to get from the experience. Send application package to Antonia Sumbundu, Ordrup Jagtvej 8.c.,1, DK-2920 Charlottenlund, antonia.sumbundu@gmail.com. Phone 0045 27 12 11 18
Application deadline July 2. 2010 Applicants will be notified of admission by email on July 5. 2010.

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