**Schedule**

**Learn Mindfulness-Based Cognitive Therapy: How to Integrate MBCT into**

**Individual Psychotherapy**

**Instructor: Patrice A. Alvarado, Ph.D.**

**Saturday, October 26, 2019**

**Morning Session: 9:30-12:30 (15 minute break)**

Mindfulness Overview

History of Mindfulness in Psychotherapy and MBCT

Two Modes of Mind

MBCT Experiential Exercise

(15 Minute Break)

MBCT Research

Introduction to all the key concepts of MBCT

Breaking down experience into thoughts, emotions, and sensations

MBCT Experiential Exercise

Lunch: 12:30-2:00

**Afternoon Session: 2:00-5:30 (15 minute break)**

Promoting Disengagement from negative modes of mind -

Including: rumination, preoccupation, experiential avoidance, and automatic pilot

Promoting Awareness and Exploration

Slowing down the Narrative

MBCT Inquiry: What not Why

(15 Minute Break)

Identifying Emotions

Recognizing Aversion

MBCT Experiential Exercise

Demonstration of MBCT work

**Sunday, October 27, 2019**

**Morning Session: 9:30-12:30 (15 minute break)**

Therapist Mindfulness

Encountering the Difficult

Experiential Exercise

(15 minute break)

Teaching Self-Compassion

Emotion Regulation

DBT, ACT, and other Mindfulness-based psychotherapies

Lunch:12:30-2:00

**Afternoon Session: 2:00-5:30 (15 Minute Break)**

Short small group exercise – discuss home practice exercise

Working with Thoughts

Applications for Depression, Anxiety disorders, OCD, and Trauma-related disorders

(15 minute break)

Applications for Depression, Anxiety disorders, OCD, and Trauma-related disorders (continued)

Behavioral, CBT, and MBCT Interventions interwoven

Wrap-Up