



Mindfulness East Bay

Finding the space between stimulus and response

MINDFULNESS-BASED COGNITIVE THERAPY – LIVE ONLINE Spring 2023 Course #6273

Course description

Mindfulness-based Cognitive Therapy is an 8-week program designed to break the linkages between negative thoughts and negative moods which lead to downward mood spirals.

Originally developed by a team of research psychologists seeking an answer to the questions, “*what keeps depression coming back after treatment?*” and “*how could depressive relapse and recurrence be prevented?*”, MBCT incorporates evidence-based cognitive-behavioral concepts with mindfulness practices modeled after the well-known Mindfulness-based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn over 30 years ago.

MBCT’s effectiveness has been demonstrated in hundreds of research studies and clinical settings, and it has also been used successfully to treat anxiety disorders, bipolar disorders, and other conditions characterized by rumination and chronic worry. In fact, MBCT has become “*the most empirically well-validated psychological treatment with a meditation basis,*” according to esteemed psychologists and authors Daniel Goleman and Richard Davidson.

Research has shown that after completion of the 8-week MBCT program, participants’ brain function and mood regulation improve in ways which allow them to respond more effectively to distressing situations, emotions and thoughts, and to prevent mild states of depression and anxiety from spiraling out of control.

The teachings of this course are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients. CE credit is awarded for instructional time only and does not include extended yoga or meditation sessions.

THE DETAILS

When: Starts Thursday, March 2, 2023, 5:30 – 7:30 pm PT, meets same day & time for 8 weeks

Where: This class will meet via Zoom videoconferencing, with HIPAA-compliant encryption

Cost: \$450, plus cost of workbook (approx. \$20) and \$90 for 14 CE

Faculty: Rebecca Stanwyck, LCSW, BCD, of Mindfulness East Bay in Pleasanton, CA

Learning objectives: At the end of the MBCT program, participants will be better able to:

1. Describe the essential elements of the state of mindful awareness (“mindfulness”)
2. Compare mindfulness to other types of meditation and contemplative practice
3. Explain how the mind’s “negativity bias” and the “default mode” of mental activity operate to cause the ruminative thinking that is characteristic of anxiety and mood disorders

4. List some of the typical automatic thoughts and habitual behaviors that activate and perpetuate anxious/depressive mood states
5. Use simple mindfulness practices to interrupt and disengage from these seemingly automatic mental processes
6. Describe how mindful breathing and movement practices lower physiological arousal and reduce stress reactivity
7. Demonstrate an understanding of how regular mindfulness meditation practice improves distress tolerance and stress resilience
8. Utilize more skillful ways of responding rather than reacting to difficult situations, thoughts, and emotions
9. Demonstrate a more compassionate attitude towards self and others
10. Apply mindfulness-based cognitive therapy interventions to help clients in clinical settings prevent mild states of depression and anxiety from spiraling out of control

14 CE Credits

Information on Continuing Education Credit for Health Professionals

- *CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.*
- *The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.*
- *LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.*
- *SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain their certificate of attendance for 4 years after the course concludes.*
- *For questions about receiving your Certificate of Attendance, contact Rebecca at 510-881-2540 or mail@rebeccastanwyck.com*

For questions about CE, contact the Spiritual Competency Academy at info@spiritualcompetencyacademy.com-