



## 4 DAY PROFESSIONAL TRAINING

# Incorporating Mindfulness in Psychotherapy

10-13 February 2011

Presented by Steven A. Alper, L.C.S.W.  
M.E.T.T.A. Training and Consulting

A workshop for MBCT trainers and psychotherapists

### The underlying premises of this training are:

- Mindfulness is neither a theory nor a technique per se, but rather the trans-theoretical foundation of all effective psychotherapy.
- Therapy in which mindfulness is consciously incorporated by the therapist can be more powerful, more effective, and more alive.
- Mindfulness is “embodied knowledge;” so the therapist’s personal meditation practice is the necessary pre-requisite for incorporating mindfulness in therapy.
- Experiential learning is essential for understanding how to effectively deploy the skills and capacities developed through mindfulness practice in psychotherapy, even for experienced MBSR and MBCT teachers; and therapists with longstanding mindfulness meditation practices in a spiritual context.

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### Day 1

Day 1 starts at 10.00 till 18.00 u

Presentation of a multi-faceted, multi-level model of mindfulness in psychotherapy that vertically integrates 1) the therapist’s personal practice; 2) “doing therapy” as a mindfulness practice; and 3) the patient’s mindfulness practice, with the therapist’s practice as the foundation: and elucidates the dimensions of mindfulness practice most relevant to psychotherapy.

Today’s focus is on mindfulness as an antidote to adventitious (self-created) suffering. Experiential avoidance and cognitive fusion (ACT; Hayes, et.al) as the universal mode of action of adventitious suffering regardless of diagnosis.



We will emphasize specific skills, inner capacities, attitudes and perspectives, (from MBSR, MBCT, DBT and Buddhist Psychology) cultivated by formal and informal mindfulness training, that address anxiety disorders, mood disorders, impulse control disorders, substance abuse disorders, relationship conflict, personality disorders, and other common problems we encounter in our clinical work with patients. Identifying and anchoring these skills, inner capacities, attitudes and perspectives as they develop organically in the therapist's practice is essential to effectively incorporating (embodying) the same benefits of mindfulness in our work with patients. Congruence is key. We can only effectively teach what we embody, what we know organically from the "inside out" from our own practice.

## Day 2

Day 2 starts at 09.30 till 17.30 u

Continuation of the therapist's mindfulness practice- half day of silent retreat practice and afternoon/evening of formal and informal practices for the therapist particularly relevant to psychotherapy. Focus on participant's experience of cultivating non-judging, non-striving awareness, relaxed concentration, empathic attunement, friendliness and compassionate interest, distress tolerance, emotion regulation, and cognitive flexibility. Relate these skills, developed through the therapist's practice, to their application with the broad range of symptoms and diagnostic categories encountered in clinical practice. We introduce mindful eating and the relationship between mindfulness and problematic eating behavior (eating disorders and/or weight/obesity issues).

2

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## Day 3

Day 3 starts at 09.30 till 17.30 u

Experiential introduction to "doing psychotherapy" as a mindfulness practice. Focus on the therapist as the mindfulness of the relational field; the importance of friendly interest and curiosity; inquiry and investigation; inter-subjectivity (inter-being) and optimal responsiveness. Experiential learning will include exercises, role playing, and enacting clinical vignettes. Participants are encouraged to bring their own clinical material, including difficult cases from your own practice.

"Teaching" mindfulness practices and perspectives to patients. Implicit and explicit mindfulness training; lessons from manualized mindfulness-based treatments.



## Day 4

Day 4 starts at 09.30 till 17.30 u

“Teaching” mindfulness practices and perspectives to patients. Implicit and explicit mindfulness training; lessons from manualized mindfulness-based treatments.

Selecting and guiding formal meditation practices for patients; which practices for which patients (selection and exclusion criteria); the overriding importance of context, and therapist capacity and discernment. This segment will make use of patient vignettes and participant case material to anchor clinical learning.

Pulling it all together- Reflecting on your current clinical and mindfulness meditation practices in terms of increasing vertical integration of the three levels of incorporating mindfulness in psychotherapy; the therapist’s practice, the therapeutic relationship as practice, and the patient’s practice.

Moving forward beyond the training- exercises and practices to organically, systematically deepen and increase the incorporation of mindfulness in all aspects of your clinical work, with the broadest range of patient populations and diagnostic categories.

Closing Exercise

## The teacher

**Steven Alper**, L.C.S.W., has over eighteen years of experience teaching Mindfulness-Based Stress Reduction (MBSR) to several thousand patients with a broad range of stress sensitive illnesses, psychiatric disorders, and chronic pain syndromes. In 1994 he established the first hospital-based MBSR program in Southern California at the University of California San Diego Department of Psychiatry, and in 1995 established the MBSR program at what is now the Scripps Center for Integrative Medicine in La Jolla, CA. Since 2002 Steve has trained hundreds of professionals throughout the U.S.A. in MBSR, MBCT, Mindfulness-Based Burnout Prevention, and Incorporating Mindfulness in Psychotherapy. Steve consistently receives high marks for his warmth, enthusiasm and intellectual clarity as a presenter, and for embodying mindfulness and compassion in his teaching.

Steve has over 30 years experience as a psychotherapist, trainer and consultant, and has been an ardent practitioner of mindfulness meditation in several Buddhist traditions for 28 years. He is the author of a number of articles on mindfulness and leadership, and has produced six guided meditation CD’s. His first book, *Incorporating Mindfulness in Psychotherapy: A Practical, Integrative Guide for Clinicians*, is scheduled for release in 2011. Steve is a Clinical Instructor in the Department of Psychiatry at University of California, San Diego, School of Medicine, as well as a consultant in behavioral medicine for the Scripps Center for Executive Health in La Jolla, CA.



### Conference Fee

An overnight stay during the training period is highly recommended to allow a deeper focus on the process of intensification. Please contact the Rustpunt Center to book a room by e-mailing [bea.geysen@rustpunt.net](mailto:bea.geysen@rustpunt.net) .

#### 4- day workshop – lunch and tea included (overnight board is not included)

- A. 550 euro for net family income < 2700 euro
- B. 600 euro for net family income > 2700 euro or when the employer chooses to pay.

We trust on your registration to be made in full faith.

### Subscription

The training is organized by 'I AM, Institute for Attention and Mindfulness' and is open to everyone who had extensive professional training and experience in the past. Please mail your interest to [a@aandacht.be](mailto:a@aandacht.be). Subject of you mail: **Steven Alper**. As this is a workshop, the number of participants is limited to 30.

### What to bring?

A mat, a meditation cushion (if possible) and writing material.

### Location of workshop

The Rustpunt Center  
Grote zaal  
Burgstraat 46  
9000 Gent  
Belgium

### Cancelling your participation

- More than 1 month in advance before the start : you can cancel your registration without penalty
- Between 4 and 2 weeks before the start: there is a non-refundable registration fee of 15%
- Less than 2 week before the start: there is a non-refundable registration fee of 30%
- Less than 2 days before the start: no refund, you have to pay the full amount.

If you are unable to attend, you can always send another person to attend the training program in your place.

*We look forward to welcoming you on this 4-day training.*