

Mindfulness-Based Cognitive Therapy (MBCT) 5 day experiential course

This 5-day experiential course offers participants a rare opportunity to explore Mindfulness-Based Cognitive Therapy (MBCT) in depth, by experiencing the 8-week MBCT programme for themselves (delivered within 5 full days).

Study here and find out why the University of Birmingham has been awarded The Times and The Sunday Times University of the Year 2013-14
<http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx>

Course fact file

Type of Course: Continuing professional development

Duration: 5 days

Details

Dr Sue MacPherson
 Coventry and Warwickshire Partnership Trust
 CBT Programmes: University of Birmingham

Dr Esther Riggs
 Coventry and Warwickshire Partnership Trust
 CBT Programmes: University of Birmingham

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MBCT integrates mindfulness meditation techniques with elements of cognitive therapy. Clinical trials have shown it to be a cost-effective method of reducing relapse and recurrence in people who have suffered recurrent episodes of depression. In Oxford it is now being used to help patients with chronic fatigue (Christina Surawy, Jill Roberts), eating disorders (Jill Roberts), and for patients who recurrently become suicidal as well as depressed (Mark Williams, Melanie Fennell).

The course is designed for people who already have some familiarity with cognitive therapy for depression, and would like to explore the possibility of embarking on this exciting new approach. The course will allow them to experience mindfulness meditation practices, and to reflect on and discuss their experiences. They will be expected to commit themselves to practising what they learn at home on a daily basis.

January 2015

The course consists of:

- Half-day introduction to the MBCT – 15th December 2014
- **Day 1 – 26th January 2015:** The theoretical context: a brief introduction, Classes 1 and 2
- **Day 2 – 9th February 2015:** Classes 3 and 4
- **Day 3 – 23rd February 2015:** Classes 5 and 6
- **Day 4 – 9th March 2015:** All Day Practise
- **Day 5 – 23rd March 2015:** Classes 7 and 8

Level: Intermediate – Advanced
 Cost: £625 for 5.5 days
 Venue: University of Birmingham

Maximum of 20 participants

How to apply

Places will be allocated on a first come, first serve basis. To book a place, please complete the [application form \(Word Doc 46KB\) \(/Documents/colleges/psych/MBCT-App-form.doc\)](#) and email back to cbtprogramme@contacts.bham.ac.uk (<mailto:cbtprogramme@contacts.bham.ac.uk>). If this is not possible, please post to: Cognitive Behaviour Therapy Programme, School of Psychology, Frankland Building, The University of Birmingham, Edgbaston, B15 2TT.