

Masterclass Workshop with Zindel Segal, PhD

Mindfulness Based Cognitive Therapy

Date & Time

September 14, 2018 9:00 am - 4:00 pm

Location

The Hospital for Sick Children (SickKids)
Peter Gilgan Centre for Research and Learning
686 Bay St, Toronto, ON M5G 0A4



Mindfulness-Based Cognitive Therapy is a group intervention designed to train formerly depressed patients to disengage from dysphoria-activated depressogenic thinking that may mediate relapse/recurrence. It is based on an integration of CBT for depression with central components of mindfulness meditation. Key themes of the program include experiential learning and the development of an open and acceptant mode of response, in which one

intentionally faces behavioral difficulties and affective discomfort. In time participants develop a “decentered” perspective on thoughts and feelings, in which these experiences are viewed as passing events in the mind. Increased awareness allows early detection of relapse-related patterns of negative thinking, feelings, and body sensations, so allowing them to be “nipped in the bud” much earlier than if such warning signs are not noticed or are ignored. Formulation of specific relapse/recurrence prevention strategies are also included in the later stages of treatment. Finally, as a general, and perhaps somewhat unusual, operating principle, Mindfulness-Based Cognitive Therapy requires a capacity for self-observation, typically gained through sustained meditative practice, that informs a therapist’s work with this approach.

Learning Objectives:

- Understand the rationale for the integration of psychotherapeutic and contemplative elements in MBCT.
- Review the 8-week structure of MBCT in order to identify the core therapeutic tasks that accompany each of the group sessions.
- Practice three forms of mindfulness training utilized in MBCT.
- Discuss how the therapist’s personal practice of mindfulness practice can support nascent emotion regulation in group participants throughout MBCT.

Presenter Bio

[Zindel Segal, PhD](#), is a Professor, Author, and Internationally recognized expert in Mindfulness. He has studied and published widely on psychological treatments for depression for more than 25 years, especially the nature of psychological prophylaxis for this recurrent and disabling disorder. His early work helped to characterize psychological markers of relapse vulnerability in affective disorder, especially the link between affective and self-devaluation components of dysphoria. More recently, he and his colleagues have pioneered the combined use of Mindfulness Meditation and Cognitive Therapy as an effective relapse prevention treatment. Patients who practice Mindfulness develop metacognitive awareness of their emotions which, in turn, reduces their reactivity to negative affect. Dr. Segal’s publications include Mindfulness-based Cognitive Therapy for Depression, and The Mindful Way Through Depression, a patient guide that outlines this approach. Dr. Segal’s research focuses on psychotherapy, and more specifically, mood disorders, with an interest in both the clinical and cognitive aspects of such disorders. MBCT teaches patients to become aware of their own beliefs without responding to them affectively. Dr. Segal is also a highly skilled cognitive therapist, and one of the leading investigators of the cognitive and neural mechanisms underlying its therapeutic effects.