



ICM Asia Pacific 2019

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

ICM Asia Pacific 2019 Pre-Conference Workshop

The transdiagnostic elements of Mindfulness-integrated Cognitive Behaviour Therapy and their applications to crisis and comorbidity in clinical practice

Bruno Cayoun and Alice Shires

As mindfulness-based interventions are increasingly used to address a wide range of psychological disorders, therapists need as much training as possible with complex conditions, especially those accompanied by chronic pain and trauma history. Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an established transdiagnostic intervention specifically designed to address a wide range of clinical and subclinical conditions and prevent relapse. It is an evidence-based integration of traditional CBT and mindfulness meditation in the Burmese Vipassana tradition of Ledi Sayadaw, U Ba Khin and S. N. Goenka, developed into a four-stage approach between 2001 and 2003 and continually piloted and improved across disorders since.

MiCBT is one of the so-called “second-generation mindfulness-based interventions”, as it was developed in a way that maximally preserves the principal teachings of Buddhist psychology while excluding Buddhist religious rituals and cultural assumptions. New and established exposure and cognitive reappraisal techniques are tightly integrated with the practice of ethics, the four-fold cultivation of mindfulness, and the development of insight. Recent studies in India and Iran demonstrate that MiCBT remains efficacious across various cultures. Controlled studies investigating MiCBT show improvements in people with depression, generalised anxiety, PTSD, performance anxiety, perfectionism, alcoholism, chronic pain, and type-2 diabetes, among other conditions.

The purpose of this workshop is to gain a general understanding of MiCBT and then learn a specific skillset to reduce distress. We will first examine the co-emergence model of reinforcement, which describes the active mechanisms of mindfulness meditation through awareness and equanimity toward spontaneously co-emerging cognition and interoception. This will provide a deeper understanding of operant conditioning and its neural correlates during mindfulness meditation. We will also examine the advantages and effects of including novel mindfulness-based exposure and cognitive reappraisal techniques to decrease avoidance and reduce the distress caused by physical pain, panic attacks and traumatic memories. Video demonstrations will be included.





ICM Asia Pacific 2019

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

Bruno A. Cayoun

Dr Bruno Cayoun is a clinical and research psychologist and principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT). He is the founder and Director of the MiCBT Institute, a leading provider of MiCBT training and professional development to mental health services and professional associations internationally since 2003. He keeps a private practice in Hobart, Australia, undertakes mindfulness research at the MiCBT Institute, and cooperates on mindfulness-based research with various universities. He has practised mindfulness meditation in the Burmese Vipassana tradition of Ledi Sayadaw, U Ba Khin and S. N. Goenka and undergone intensive training in France, Nepal, India, and Australia since 1989. He is the author of Mindfulness-integrated CBT: Principles and Practice (Wiley, 2011) and Mindfulness-integrated CBT for Well-Being and Personal Growth (Wiley, 2015), co-author of a new book, The Clinical Handbook of Mindfulness-integrated CBT: A Step-by-Step Guide for Therapists (Wiley 2018). See www.mindfulness.net.au for further information.

Alice G. Shires

Alice Shires is a clinical and research psychologist, Director of the UTS Psychology Clinic, and Senior Lecturer at the Graduate School of Health, University of Technology, Sydney (UTS). She is Chair of the Australian Clinic Directors association (AAPTIC) and is involved in research and development of teaching and training in clinical psychology. She has established the Mindfulness-integrated research clinic at UTS and research includes the efficacy of MiCBT in chronic pain, the process of supervision and assessment of competencies in clinical psychology, and the inclusion of mindfulness training in the clinical psychology training process. Alice is a senior trainer of MiCBT, implements MiCBT with clients, teaches MiCBT to mental health professionals and supervises clinicians during the course of their MiCBT training. She has recently co-authored The Clinical Handbook of Mindfulness-integrated Cognitive Behaviour Therapy (Wiley, 2018) with Bruno Cayoun and Sarah Francis.

