Course: breathe in, lean in: working with resistance to mindfulness in psychotherapy

Address:
https://asadis.net/en/course/breathe-in-lean-in-working-with-resistance-to-mindfulness-in-psychotherapy/

Duration: 2h

Type of course: Continuing education

Location: Online course

Individual price: $80.00

Overview:
This course provides a practical, evidence-based framework for integrating mindfulness into psychotherapy, with a focus on both implementation and the common clinical challenge of resistance to mindfulness practices. It begins by grounding participants in a clear definition of mindfulness and its therapeutic rationale, drawing from foundational work in mindfulness-based and cognitive-behavioral approaches. Clinicians will learn the core skills cultivated through mindfulness practice and identify when these interventions are most useful in-session.

The main focus of the course is understanding resistance to mindfulness, conceptualized not as noncompliance but as an expression of fear and experiential avoidance. Participants will learn to recognize how resistance manifests behaviorally and how to respond effectively using principles from motivational interviewing, including collaboration and validation. Emphasis is placed on introducing mindfulness exercises in a way that strengthens the therapeutic alliance rather than creating tension or disengagement.

The course also teaches clinicians how to use behavioural experiments to support engagement with mindfulness, including how to design, implement, and troubleshoot both in-session and between-session practices. Special attention is given to enhancing follow-through and adapting interventions to real-world clinical contexts.

Importantly, the course addresses potential adverse effects of mindfulness and provides guidance on modifying practices for complex populations, including individuals with trauma or psychosis. Through case

examples and reflection on the clinician’s own mindfulness practice, participants will develop a flexible, nuanced approach to integrating mindfulness effectively into their clinical work.

Learning objectives:

1. Recognize and conceptualize resistance in the context of mindfulness-based interventions
2. Broach and reduce resistance in a direct, collaborative manner with clients
3. Consider the possibility of adverse events to mindfulness-based interventions
4. Understand one's own resistance to mindfulness in order to become a more empathic and effective clinician

Learning material:

A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

Audience: This course is intended for all mental health professionals.

The expert

Serena Mennitto, Ph.D., is a clinical psychologist. She currently works in the Adult Psychiatry Day Treatment Program at the Jewish General Hospital in Montreal and maintains a private practice. She completed her doctoral training at McGill University and has worked with diverse clinical populations, including individuals struggling with addictions, mood disorders, and complex medical and psychiatric presentations, as well as in a trauma-focused therapy program. In addition to her clinical work, she is involved in teaching and supervision for doctoral psychology interns and psychiatry residents.

Dr. Mennitto specializes in emotion regulation, with particular expertise in mindfulness-based interventions. Her doctoral research focused on the use of mindfulness in the pre- and post-partum periods, examining its in-the-moment effects on the body and its potential protective role in reducing risk for mental health difficulties and adverse physical health outcomes during pregnancy.

Across both individual and group therapy settings, Dr. Mennitto integrates mindfulness skills as a core component of her clinical work. These approaches form the backbone of her therapeutic style, helping clients build awareness, tolerate distress, and develop more adaptive ways of responding to difficult emotional experiences.

Syllabus

PowerPoint
Introduction
Foundations: Understanding Resistance and Mindfulness
Let's Practice
What Is Mindfulness
Why Practice Together and When to Practice
What Is Resistance
Clinical Technique: Working Through Resistance

RULE of Motivational Interviewing
How to Introduce an Exercise
What to Do if It Doesn’t End There
How to Design an Experiment
Enhancing Follow-Through
What Is an Adverse Event
Adverse Event- Trauma and Special Cases
Application and Integration
Case Examples 1 & 2
Case Examples 3 & 4
Your Own Resistance
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*