



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:

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

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