Course: implement mindfulness-integrated cognitive behaviour therapy

Address: https://asadis.net/en/course/mindfulness-integrated-cognitive-behavior-therapy/

Duration: 11h

Type of course: Continuing education

Location: Online course

Individual price: $275.00

Overview:
It is now well established in affective neuroscience that most mental health disorders share a reduced ability to perceive the subtle bodily sensations from which emotions emerge. When these signals go undetected, early regulation is not possible. Reactivity rises, change feels hard, and relapse is more likely.

To help you address this challenge with your clients, Dr. Bruno Cayoun, a clinical and research psychologist, has developed Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT), an evidence-based approach that integrates contemporary Western psychology and neuroscience with over 2,500 years of Buddhist phenomenological psychology. This therapy specifically includes the systematic body-scanning practice of the Burmese Vipassana tradition in the lineage of Ledi Sayadaw, U Ba Khin and S. N. Goenka.

Where most mindfulness-based therapies rely on focused and open-monitoring of attention, MiCBT directly trains both interoceptive capacity and interoceptive desensitisation at the heart of emotional regulation.

The course will teach you how to deliver MiCBT across a wide range of clinical presentations. It is structured around MiCBT's four stages: Personal (attention and emotion regulation), Exposure (addressing avoidance), Interpersonal (relational effectiveness), and Empathic (compassion and ethics).

Over ten weeks, you will develop competency in applying the Co-Emergence Model of Reinforcement — a neurophenomenological framework that describes psychological distress as craving for pleasant body sensations and aversion to unpleasant ones, both co-arising with unhelpful thoughts. This transdiagnostic case-conceptualisation framework will greatly expand your insight into what creates and maintains mental

health disorders.

You will learn evidence-based practices including progressive muscle relaxation, mindfulness of breath, body scanning in the vipassana tradition, advanced scanning methods, mindfulness-based exposure techniques, equanimity training, mindfulness-based interpersonal communication skills, and loving-kindness meditation to cultivate compassion for self and others to help prevent relapse.

The course combines theoretical understanding of MiCBT's mechanisms with practical application, so that you can deliver this integrated approach across a wide range of disorders, including generalised and phobic anxieties, acute and chronic depression, OCD, PTSD, chronic pain, and emotion dysregulation.

Special emphasis is placed on the critical role of daily mindfulness practice as the foundation for rapid and lasting therapeutic change, maintained by the resulting neuroplasticity, and on understanding how to motivate client commitment through Socratic dialogue and cognitive reappraisal.

By course completion, you will be able to assess client suitability for MiCBT, structure and deliver all four stages of the program, manage common implementation challenges, and integrate MiCBT principles into your clinical practice. Twenty-nine audio guides for mindfulness practices and their integration with exposure are provided. Video demonstrations showing Dr Cayoun delivering the methods with real clients who present with complex comorbidities are also provided.

Special discount is available for participants in low/medium income countries. Contact us for more information.

Learning objectives:

1. Understand the theoretical foundations of MiCBT, including the distinction between mindfulness and attention, the Co-Emergence Model of Reinforcement and how it differs from operant conditioning, and how MiCBT is transdiagnostic in application.
2. Implement all four stages of the MiCBT program (Personal, Exposure, Interpersonal, and Empathic) with appropriate sequencing, including teaching progressive muscle relaxation, mindfulness of breath, body scanning, mindfulness-based exposure techniques, and compassion practices.
3. Analyse the mechanisms of emotional regulation through interoceptive desensitisation and equanimity training, and understand how these processes lead to behavioural change and relapse prevention.
4. Recognise and manage common clinical challenges in MiCBT implementation (such as avoidance of practice, insufficient commitment, emotional flooding, and relapse) and adapt the protocol flexibly while maintaining treatment integrity

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. Videos of Dr Cayoun demonstrating MiCBT skills with real clients are also available.

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

The expert

Dr Bruno Cayoun is a clinical and research psychologist and 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 maintains a private practice in Hobart, Australia, undertakes mindfulness research at the MiCBT Institute, and regularly cooperates on mindfulness-based research with various universities in Australia and abroad.

Dr. Cayoun is the developer of the Co-Emergence Model of Reinforcement (CMR), a neurophenomenological framework that explains the mechanisms underlying intrusive thoughts, emotion dysregulation, and the therapeutic mechanisms of mindfulness meditation. His work bridges classical cognitive-behavioural therapy with contemporary neuroscience and Buddhist psychology, offering clinicians a unified theoretical understanding of how psychological disorders develop and how they can be effectively treated.

Dr Cayoun is the author and co-author of five books on MiCBT and his research has been published in leading peer-reviewed journals. His mindfulness training audio instructions are used worldwide in various languages, and he is the principal developer of validated and widely-used questionnaires, including the Short Progress Assessment, the Mindfulness-based Self Efficacy Scale, and co-developer of the Equanimity Scale-16.

Beyond clinical psychology research and practice, Dr. Cayoun maintains a deep engagement with Buddhist psychology and contemplative practice. He practises mindfulness meditation in the Burmese Vipassana tradition of Ledi Sayadaw, U Ba Khin and S. N. Goenka and has undergone intensive training in France, Nepal, India, and Australia since 1989. This unique integration of Western psychology, neuroscience, and Buddhist epistemology positions him as a leader in the third-wave cognitive-behavioural therapy movement and a voice for transdiagnostic, mechanistically-informed treatment.

Syllabus

PowerPoint
Introduction
<u>Week 1</u>
Introduction to MiCBT
What is Mindfulness
Mechanisms of Action and Definition
Do we need to meditate
The Co-Emergence Model of Reinforcement
Experiencing Information Part I
Experiencing Information Part II
System in Disequilibrium
Stage 1: Intrapersonal Regulation

Week 1: Home Practice

Week 2

Rationale for Mindfulness of Breath (in MiCBT)

Practice of Mindfulness of Breath Part I

Practice of Mindfulness of Breath Part II

Operationalising Distractibility: Neurophenomenological Mechanisms

The Self-Organisation of Thought Intrusion

Applied Practice

Week 2: Home Practice

Week 3

Rationale for Mindfulness of Body Sensations Part I

Rationale for Mindfulness of Body Sensations Part II

Emphasis on Interoception

Experiential Delivery of the Rationale with Client-Patient

Example of Co-Emergence in Disequilibrium State

Practice of Unilateral Body Scanning

Week 3: Home Practice

Week 3 Demonstration Video 1: Immediate pain reduction in chronic PTSD

Week 3 Demonstration Video 2: Treatment engagement by offering a sound rationale for body scanning

Week 4

Neuroplasticity: Accounting for Change

Neuroplasticity Research

Interoceptive Networks and Body Scanning

Applying Interoceptive Awareness and Equanimity

Trials and Data

Week 4: Home Practice

Week 4 Demonstration Video 3: Panic Disorder and Trauma

Week 5

Advanced Scanning

Symmetrical Scanning

Externalising Skills and Exposure

Exposure Preparation: SUDS List

Stage 2 of MiCBT: Exposure Skills

Week 5: Home Practice

Week 5 Demonstration Video 4: Stage 2 Exposure Stage

Week 6

Partial Sweeping: Procedure

Rationale for Sweeping Techniques

Review of SUDS Scores: Avoidant Personality Disorder

Review of SUDS Scores: Generalised Anxiety Disorder & Major Depression

Review of SUDS Scores: Social Anxiety Disorder & Alcohol Abuse

MiCBT Guide App: Reviewing Exposure
Week 6: Home Practice
Week 7
Sweeping en Masse
A Twofold Purpose
Common Experiences
Interpersonal Mindfulness
Experiential Ownership: “Seeing Suffering”
Week 7: Home Practice
Week 7 Demonstration Video 5: Mindfulness training in Parkinson
Week 8
Transversal Scanning
Purpose
Common Experiences
Assertive Communication - Process
7 Statements of Assertiveness: Example
Theory Congruence
Week 8: Home Practice
Week 9
Sweeping in Depth
Common Experiences
What is Compassion
Compassion & Preventing Relapse
Compassion & Preventing Relapse Part I
Compassion & Preventing Relapse Part II
Ethics as Rules and Ethics as Compassion
Week 9: Home Practice
Week 10
Maintenance Practice: Maintaining Well-being & Personal Growth
Maintenance Practice: Maintaining Well-being & Personal Growth Part I
Maintenance Practice: Maintaining Well-being & Personal Growth Part II
Addressing Crisis Part I
Addressing Crisis Part II
Week 10: Home Practice
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*