



Course: mindfulness based symptom management: the foundations, techniques, and best strategies for your clinical growth.

Address: <https://asadis.net/en/course/principles-application-mindfulness-based-symptom-management/>

Duration: 4h

Type of course: continuing education

Location: online course

Individual price: \$144.00

Overview:

Mindfulness approaches are often presented as a one-size-fits-all solution for everyone. Although proven beneficial in a broad range of contexts, mindfulness practices, like all tools available to clinicians, also come with inherent risks and ethical dilemmas.

Dr. Lynette Monteiro has crafted this workshop to provide you with the most effective strategies for integrating mindfulness into your practice. You will learn how to master key techniques employed in mindfulness-based interventions and effectively address any potential negative impacts of clinical interventions.

This workshop will provide you with a method for developing the skills necessary for cultivating moment-by-moment awareness, gaining insight into the obstacles that prevent skillfulness, and discovering ways to engage in skillful action.

You will also explore the full depth and scope of mindfulness through the Mindfulness-Based Symptom Management (MBSM) protocol, specifically designed to adapt to your clients' unique clinical presentations and needs. At its core, MBSM is built on the shared desire of both clinician and client to mitigate suffering. MBSM guides clients in developing a comprehensive skill set across the Four Platforms of Mindfulness: body, emotions, sensations, and thoughts. The protocol also assists clients in recognizing their intentions, understanding the emotions tied to whether outcomes align or don't align with expectations, and understanding the connection between their choices and values.

Finally, principles of effective supervision in mindfulness will be presented.

Want to become a certified MBSM therapist?

For more information on the complete training program to attain the Qualified and Certified Levels please go to

Learning objectives:

1. Understand the models that underpin contemporary mindfulness interventions
2. Identify the benefits and risks of mindfulness practices for clinical populations
3. Develop skills in guiding practices and the inquiry process that follows the practice
4. Implement the values-clarification protocol with clients to cultivate observation of unskillful actions/outcomes and effect change through skillful actions

Learning material:

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

Audience: This training is intended for mental health professionals.

The expert, Dr. Lynette Monteiro

Dr. Lynette Monteiro is a registered clinical psychologist in Ontario, Canada. She is the co-developer of Mindfulness-Based Symptom Management (MBSM) and the co-director of the Ottawa Mindfulness Clinic which was founded in 2003. Her passion has been in training health care professionals in the safe use of mindfulness approaches, including the cultivation of values-awareness to effect change. Because her roots are in Buddhism, the implementation of mindfulness in a secular and clinical format has been the focus of her research and publications. As an adjunct professor and clinical professor at Victoria University/University of Toronto, she has taught graduate level courses on Mindfulness and psychotherapy, mindfulness and ethics, and the Buddhist foundations of mindfulness. She has presented on the topic of mindfulness and ethics at several conferences and has published extensively on mindfulness.

Syllabus

PowerPoint

[The ethics of mindfulness-based interventions](#)

Presentation of the ethics of mindfulness

The basics of Mindfulness-Based Programs and Interventions (MPB-MBI)

The ethics in mindfulness

Mindfulness and psychological vulnerability

The ethics of mindfulness

Navigating mindfulness with the client

End of module 1

Buddhist perspectives

Presentation of buddhism perspectives

The origins of buddhism

The core principles of buddhism

The ethics of traditional and contemporary buddhism

The cycle of change and the five skillful habits

The awareness of breath and the four domains

The four immeasurables and the motivation for change

End of module 2

Core intervention skills

Presentation of the core of mindfulness

The Intentional Systemic Mindfulness (ISM)

Why we suffer

Inquiry

Creating a space for curiosity

End of module 3

The ethical space of mindfulness

Presentation of the ethical space of mindfulness

The teacher

The teachings and the participants

End of module 4

Core concept of MBSM: Content of the 8-week program

Presentation of Core Concepts of MBSM

The four foundations of mindfulness

Mindfulness Based Symptom Management (MBSM)

Session 1-Establishing mindfulness

Session 2-Being with the difficult

Session 3-Mindfulness of Body

Session 4-Mindfulness of Emotions

Session 5-Mindfulness of Sensations

Session 6-Mindfulness of the Mind

Session 7-Compassionate Mind

Session 8-Going Forth

Conclusion

Bibliography