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.

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, psychologist, 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

<u>The ethics of mindfulness-based interventions</u>

Presentation of the ethics of mindfulness

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

The ethics in mindfulness

Mindfulness and psychological vulnerability

The ethics of mindfulness

Navigating mindfulness with the client

End of module 1

<u>Buddhist perspectives</u>

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

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*