

Mindfulness-Based Cognitive Therapy (MBCT)

Professional Training Program (Level 2)

November 14 – 22, 2008

Barre Center for Buddhist Studies, Barre, Massachusetts, USA

- This advanced teaching and study program is intended for those professionals who have an established personal mindfulness practice, and experience of teaching MBCT. It is for those who are willing to enter into the intense nature of this training and who are aware of the necessity of personal practice as a platform from which to teach. The program is highly interactive and fosters sustained attentiveness to personal practice through the silent aspects of the week as well as emphasizing the development and advancement of teaching skills around the implementation of the MBCT program.

Day 1 – 3 silent retreat led by the teachers;

Day 4 – 8 intensive teaching practice, which will include practicing and teaching the core elements of MBCT, supervision and feedback from the teachers, from colleagues; large and small group processing;

Day 9 Half day, review, questions and closure.

Susan Woods, MSW, LICSW., has practiced meditation and yoga for 25 years. Ms. Woods has been a long time teacher of Mindfulness-based Stress Reduction (MBSR) and more recently Mindfulness-based Cognitive Therapy (MBCT). She trains health care professionals in mindfulness-based interventions and teaches Mindfulness-based Cognitive Therapy professional training programs nationally and internationally. She is a contributing author to the “Clinical Handbook of Mindfulness” Springer, 2008. For further information, visit www.slwoods.com

Ferris Buck Urbanowski, MA, has taught mindfulness meditation since 1980. She is currently Adjunct faculty at the Center for Mindfulness, Health Care and Society at the University of Massachusetts Medical School where she taught for many years and where she coordinated the professional training program. She has been teaching professionals interested in becoming teachers of Mindfulness-based Cognitive Therapy since 1999 and leads training programs nationally and internationally. For further information, visit www.ferrisurb.org

Char Wilkins, MSW, LCSW teaches MBSR, MBCT and MB-EAT programs and has had a personal meditation practice for 13 years. She is a mindfulness-based psychotherapist who works with women who have experienced abuse, chronic illness and eating disorders. Char was the assist. teacher for the MBCT professional training at Omega, has trained professionals in the use of mindfulness in psychotherapy, serves on the board of the national Center for Mindful Eating, and is the owner/director of the Center for Mindful Living in CT. www.amindfulpath.com