

# Istituto Italiano per la Mindfulness



**Organizes in collaboration with:**

Casa di cura Villa Margherita and Istituto di Scienze Cognitive (ISC)

And with the sponsorship of:

ASCCO - Accademia di Scienze Comportamentali e Cognitive  
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IPSICO - Istituto di Psicologia e Psicoterapia Comportamentale e Cognitiva, Florence

The CME seminar

## Mindfulness-Based Cognitive Therapy for Depression

*Mindfulness for the prevention of depressive relapse*

Creazzo (Vicenza)- Hotel Vergilius  
 12-13 March 2011

**Prof. Mark Williams**  
 (Oxford, UK)



**Contents:**

Mindfulness-Based Cognitive Therapy (MBCT) is an innovative and empirically validated treatment developed by three internationally renowned researchers: Mark Williams, John Teasdale and Zindel Segal. By integrating tools of cognitive therapy with clinical practice and application of meditation and mindfulness, this therapeutic model makes patients aware of some of the ways of the mind that are activated specifically in people with mood disorders and which are the basis of activation of pathology; at the same time it invites them to develop a new relationship, more functional and therefore therapeutic, to internal states (thoughts, emotions and physical states).

Patients learn to see thoughts as simple mental events, harmless and impermanent, regardless of their content and emotional charge, without feeling the need to judge them, fix them or change them, but keeping them in a dimension of awareness, large enough to hold very different faces of the same thought. The purpose of this treatment is to train patients to a greater awareness of emotions, physical sensations and depressive thoughts, by decentralizing them without judging them, experiencing that they are not objective reality but rather the result of thought patterns that could lead to depressive relapse.

This allows patients not to get lost in pathological brooding and to be free to experience thoughts, emotions and physical sensations without locking them in their mind, letting them flow, thus preventing depressive relapse.

This workshop emphasizes the importance of meditative practice, even by the clinician, and integrates learning with an experiential part that includes exercises, meditation, conscious yoga and group sharing.

Mark Williams is a Professor of Clinical Psychology and Director of Research at Oxford University and is considered one of the most important researchers in the Clinical Cognitive Psychology internationally.

His research is concerned with psychological models and treatment of depression and suicidal behaviour, particularly the application of experimental cognitive psychology to understanding the processes that increase the risk of suicidal behaviour in depression and development new psychological treatments.

Author of more than one hundred publications, he is the founder, with Zindel Segal and John Teasdale, of the Mindfulness-Based Cognitive Therapy (MBCT), a treatment model based on their research, which integrates cognitive therapy with practical clinical application of mindfulness meditation. He is also coauthor of the book "The Mindful Way Through Depression" (Guilford Press), a self-help manual on the use of mindfulness for those suffering from depression or dysthymia, and is editor and author of several books on Cognitive Psychotherapy. He is director of the Oxford Mindfulness Centre, an international center of excellence, established to develop the potential of mindfulness-based approaches in the field of mental and physical health and to promote the welfare of persons within their working and familiar environment.



The number of participants is limited and registration is required.

**It was requested CME.**

**Cost:** € 200+VAT (total € 240).

**Discounts:**

Members of Is.I.Mind 20%

Students of schools sponsoring 50%

Undergraduate and graduate students 10%

**To register** you must complete and submit the application form downloadable from:

[www.istitutomindfulness.com](http://www.istitutomindfulness.com)

**Hours:**

**March 12 :** 10:00 am to 7:00 pm

**March 13:** 9:00 am to 6:00 pm

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[www.vergilius.it](http://www.vergilius.it)

**Directions:**

**By car:** exit "Vicenza Ovest" of A4 motorway (Milan-Venice), (10 minutes) to Creazzo.

**By train:** from Vicenza train station you can take bus No. 12-14 and stop at Creazzo.