

**Workshop on Mindfulness–Based Cognitive Behavioural Interventions:  
Applications in Clinical and Nonclinical Settings  
5<sup>th</sup> March 2017**

We are pleased to announce a one-day workshop on Mindfulness-Based Cognitive Behavioural Interventions: Applications in Clinical and Nonclinical Settings on 5<sup>th</sup> March 2017

**ABOUT THE WORKSHOP**

Many philosophical, spiritual, and psychological schools and approaches give emphasis to the significance of the prominence of consciousness for the protection and enrichment of well-being. In spite of this, it is easy to oversee the significance and role of consciousness in the prevention and promotion of well-being as attention and awareness are its primary dimensions. The mindfulness is one attribute of consciousness that has been discussed extensively in relation to well-being. Meditation is one of the most significant contributions made by India to the world civilization and the cultivation of mindfulness is the aim of all systems of meditative traditions. The concept of mindfulness has its roots in Buddhist and other meditative traditions where conscious attention and awareness are actively cultivated. *Vipassana* Meditation, which is also known as Mindfulness Meditation, is one of the meditative procedures developed in ancient India. Mindfulness involves intentionally bringing one's attention to the internal and external experiences occurring in the present moment, and is often taught through a variety of meditation exercises. This relaxed non-bias awareness allows one to see things clearly as they really are and learn to respond, rather than react to stressors encountered. In the current empirical literature, clinical interventions based on training in mindfulness skills are described with increasing frequency, and their popularity appears to be growing rapidly.

The aim of this 1-day workshop is to provide more of a practical understanding of mindfulness-based cognitive behavioural interventions and skills to therapists who would like to develop a personal practice and apply mindfulness with their clients in clinical and nonclinical settings. This applied workshop will be focusing on theoretical and practical aspects of mindfulness training, including discussion on more eclectic ways of integrating the skills into practice in clinical nonclinical settings. The research work on the application of mindfulness carried out at the Behavioural Medicine Unit, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru will also be shared.

**WHO CAN ATTEND?**

The workshop is opened for mental health professionals and other professionals who are familiar with the application of cognitive behavioural model of emotional problems in clinical practice.

**FORMAT**

Teaching modalities will include power point slide presentation, discussion, demonstration and practice of different variants of mindfulness meditation.

**VENUE** – CMET HALL, Above B.B. Dixit Library, AIIMS, New Delhi

**Facilitator** : Dr. Mahendra P. Sharma

Prof.& Head,

Department of Clinical Psychology, and

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