

National Institute of Mental Health and Neuro Sciences, Bengaluru – 560 029

(An Institute of National Importance)

Behavioural Medicine Unit, Department of Clinical Psychology

**Workshop on Mindfulness–Based Cognitive Behavioural Interventions: Applications in
Clinical and Nonclinical Settings**

15th – 16th March 2019

The Behavioural Medicine Unit of the Department of Clinical Psychology is pleased to announce that it will be organizing a two-day workshop on Mindfulness-Based Cognitive Behavioural Interventions: Applications in Clinical and Nonclinical Settings on 15th – 16th March 2019.

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 2-

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 will also be shared.

WHO CAN ATTEND?

The workshop is opened for mental health 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

Lecture Hall, Department of Clinical Psychology, 3rd Floor, Dr. M. V. Govindaswamy Centre, Next to State Bank of India, NIMHANS Branch, NIMHANS, Bengaluru – 560 029.

REGISTRATION

Registration is open for 40 participants on a first cum first served basis. Information about the confirmation of registration will be given as early as possible on receiving registration form and fee. Payment for the registration are to be made by Bank DD drawn in favour of **“The Director, NIMHANS” payable at Bengaluru**. Your full name, contact number and name of the workshop must be mentioned on the reverse side of the demand draft. Outstation applicants should make their arrangements for journey and accommodation only after confirmation of their registration.

Registration Fee: Rs. 3000/- (Fee includes Teas and Lunch on workshop day, writing pad and pen and handouts for the program).

The complete registration forms along with D/D are to be sent to:

Dr. Ajay Kumar, Assistant Professor, Department of Clinical Psychology, Room No 333, 3rd Floor, Dr. M. V. Govindaswamy Centre, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru – 560 029.

ACCOMMODATION

Accommodation for those who indicate will be provided at Kabini Annex, NIMHANS on first come first served basis. The charges for accommodation are separate: Rs.300/person/day on a sharing basis or Rs.600/person/day for single twin bedded room. Accommodation charges have to be paid at the venue and it is not included in the registration fees.

Coordinator: Dr. Ajay Kumar

Facilitators: Dr. Mahendra P. Sharma, Dr. Paulomi M. Sudhir, Dr. M. Manjula, and Dr. Ajay Kumar

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