

Mindful Psychotherapy

October 14, 15, November 4, 5, & December 2, 3, 2017

Mount Sinai Hospital, Department of Psychiatry

Faculty: Bill Gayner, MSW, RSW, & Jeanne Watson, PhD, C. Psych

The MSPI Mindful Psychotherapy 6-day skills-based workshop trains participants in how to clinically apply and teach mindfulness meditation in psychotherapy, using an emotion-focused mindfulness therapy approach that emphasizes therapeutic presence and empathic following and responding to emotions as adaptive resources in meditation and in interviewing and coaching clients about their meditation experience. Emotion-focused mindfulness therapy integrates emotion-focused therapy with emerging secular Buddhist perspectives and meditation practice to enhance the ability of clinical mindfulness to deepen experiencing, transform deeply conditioned maladaptive emotional patterns, and cultivate human flourishing. The approach provides a particularly coherent way for people to be introduced to mindfulness and to be supported in developing mature mindfulness practices in clinical and professional training contexts. Rather than feeling better, the emphasis is on getting better at feeling, so that our feelings help us better navigate our lives.

The training integrates didactics, meditative practice, experientially-grounded inquiry, reflection, videos, live modeling, supervised role-playing practice, and clinical- and theory-based discussions. Weekends also include brief, gentle movement sessions clinicians can easily share with clients. The MSPI Mindful Psychotherapy workshop teaches an experientially open meditation approach that emphasizes a receptive relationship with emergent mind states and emotions. This gentle, psychologically-oriented meditation is accessible to long-time meditators and beginners alike.

What past participants have said about our mindfulness workshops:

"The entire workshop was instructive and constructive and felt myself and others were honoured in their experience. Thank you so much!"

"Life-changing experience."

"...a wonderful course and learning experience. Learning has never been so gentle!"

Who should attend? Clinical professionals and students providing counselling or psychotherapy from all professions, including psychiatry, family practice, psychology, social work, nursing, occupational therapy and spiritual care (chaplaincy), whether new to mindfulness or established mindfulness teachers.

Learning Objectives: *At the end of the workshop, participants will be able to:*

- Assess, teach and coach clients in how to use mindfulness in psychotherapy
- Perceive emotions in self and others, access and/or generate feelings to facilitate thought, tolerate affect, understand emotions and regulate self and others' emotions to promote growth
- Recognize markers of clients' availability for specific emotional processing tasks and facilitate specific emotion tasks involving deeper emotional experience and productive emotional processing
- Ground and calm clients struggling with overwhelming affect through brief, guided mindfulness exercises



Bill Gayner, BSW, MSW, RSW, has trained and mentored mental health professionals in mindfulness for over a decade, and has practiced mindfulness meditation for over 30 years. An Adjunct Lecturer at the Factor-Inwentash Faculty of Social Work, U of T, and Mental Health Clinician at Mount Sinai Hospital, he teaches mindfulness to outpatients in psychiatry, people living with HIV, and hospital staff. He led a large RCT of mindfulness for gay men living with HIV, and is developing emotion-focused mindfulness therapy, for deepening empathy for self and others and cultivating our own and others' flourishing.



Jeanne Watson, PhD, C. Psych, is a Professor in the Department of Applied Psychology and Human Development at OISE/University of Toronto. As a major exponent of humanistic-experiential psychotherapy, she has contributed to the development of emotion-focused therapy, the process-experiential approach. In 2001, she received the Outstanding Early Career Achievement Award from the International Society for Psychotherapy Research and served as president of the International Society for Psychotherapy Research from 2014 through 2015.

Dr. Watson has co-authored and edited seven books on psychotherapy and counselling practice, including *Learning Emotion Focused Therapy: the Process-Experiential Approach to Change* (2003); *Expressing Emotion: Myths, Realities, and Therapeutic Strategies* (1999); *Client-Centered and Experiential Psychotherapy in the 21st Century* (2002); *Handbook of Experiential Psychotherapy* (1998); *Emotion-focused Therapy for Depression* (2005), *Case Studies in Emotion-Focused Therapy for Depression* (2007) and, most recently, *Emotion-Focused Therapy for Generalized Anxiety* (2017) as well as more than 70 articles and chapters. She conducts trainings in emotion-focused therapy in Europe and North America and maintains a part-time practice in Toronto.

Fee: \$995 (includes daily breakfasts, mid-morning & afternoon refreshment breaks)