

20 SEATS

10 HOURS

WORKSHOP

Mindfulness Based Cognitive Therapy for Children (MBCT-C)

MBCT-C is Psychotherapy for anxious or depressed children adapted from MBCT for adults. The adult and child programs both combine mindfulness-based theory and practices with cognitively oriented interventions. The primary aim is to improve affective self-regulation through development of mindful attention and decentering from thoughts and emotions. Unlike cognitive therapy, no effort is made to restructure or change existing thoughts and emotions.

Target Population: Clinical Psychologist, Psychologist, MPhil/PG Psychology Students.

Dr Mahesh M.M

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ORGANISED BY
NODAL OFFICE

CHRIST (Deemed to be University)
Thiruvananthapuram, Kerala

EVERY SUNDAY FROM
AUG 29, 2021.
09.30AM-11.30AM IST

CLICK TO REGISTER

<https://forms.gle/teKRYLcZqRtBGFSx5>

This is an Initiative by Nodal Office , CHRIST (Deemed to be University).

MBCT-C directly provides services to Children /Adolescents & Addresses the following:

Anxiety, posttraumatic distress, and/or depression, along with the cognitive and behavioural problems that result from these distressing moods.

Delivery Settings of the Workshop: Online

Homework: Home-practice activities are an integral part of MBCT-C and considered necessary to achieve the aims of the program. On an on-going basis (beyond the 5 weeks of the program), a few minutes of daily practice with MBCT-C activities is strongly recommended. To facilitate this, written session summaries, hand outs, and home-practice assignments are provided at every session.



SESSIONS :

- # Theories of Mindfulness,**
- # Mindfulness Based-Cognitive Therapy,**
- # Mindfulness Based- Cognitive Therapy for Children,**
- # MBCT-C in Different Disorders.**

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