

20 SEATS

15 HOURS



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
NODAL OFFICE, TRIVANDRUM

# 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.

*Mahesh M.M*

**Assistant Professor,  
Clinical Psychologist,  
Department of Psychology  
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Thiruvananthapuram, Kerala, India.**

**Nodal Office,**

CHRIST ( DEEMED TO BE UNIVERSITY)  
A.I.R Road, Vazhuthakkadu  
Trivandrum, Kerala  
tvme@christuniversity.in



FROM

**JAN 16, 2021- 6.00PM-8.00PM IST**

**REGISTRATION**

**AFTER REGISTRATIONS CANDIDATES WOULD BE SENT THE FEE PAYMENT LINK, UPON PAYMENT  
THE CANDIDATE CAN JOIN THE WORKSHOP.**

<https://forms.gle/hfW3ydRjf1b9wvJp9>

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## **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: 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 6 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 INCLUDE:

Theories of Mindfulness, Mindfulness Based-Cognitive Therapy, Mindfulness Based- Cognitive Therapy for Children, MBCTc in Different Disorders.

**Certificate : After completion of both synchronous and asynchronous classes  
e certificate will be issued by the Nodal Office.**

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