

Thomas Heidenreich & Ulrich Stangier:

Integrating Meditation into CBT

Schedule for Friday and Saturday: 9.30-11.00, 11.30-13.00, 14.30-16.00, 16.30-18.00

First day:

1. Introduction: How to translate central principles of meditative traditions (mainly Buddhist) into modern psychology and psychotherapy

Sati (Mindfulness), Metta (Benevolence) and Karuna (Compassion) are basic attitudes, cultivated in Buddhist traditions. We will give a short explanation of how these attitudes correspond to important self-regulation and interpersonal skills in psychotherapy.

2. Embedding meditation into treatment planning

In the beginning of therapy, therapists and patients have to develop an explanation of the factors that maintain the emotional problem, and the therapeutic effects of meditation. This block is dedicated to learn how to derive a model, develop a case conceptualization, and increase the patient's motivation to engage in meditation practice.

3. Illustration of applications in case scenarios

We will present own patient cases to illustrate the case conceptualization in a wide range of patient examples. We will learn how to integrate information into a model and how to conceptualize treatment by working in small groups.

4. Practicing open awareness

Open awareness as well as practices to train this skill central to psychotherapy will be introduced. Open Awareness can be distinguished from focused attention and this session introduces both forms of practice in the context of sitting meditation.

Second day:

5. Training Compassion and Self-Compassion

Developing a compassionate stance towards others and oneself is an important skill that will be introduced at the beginning of the second workshop day. Practices of directly training compassion and self-compassion as well as ways to enhance patient self-compassion by cultivating a compassionate therapeutic attitude are introduced.

6. Practicing benevolence: Metta-based CBT

Benevolence and a positive attitude towards oneself and others are the primary goals of metta (or Loving kindness) meditation. Evidence from pilot studies indicate that it is effective in the treatment of PTSD and depression. We practice the basic meditation technique and discuss clinical applications.

7. Behavioral techniques to promote change

The implementation of awareness, benevolence and (self-)compassion into daily life has to be supported by behavioral techniques. We will demonstrate how behavioral activation, behavioral experiments, and interpersonal skills training can be tailored to the specific targets of meditation.

8. Illustration of applications in case scenarios

The last session of the second workshop day will be devoted to work on cases of participants. Besides examples from the therapeutic work of the trainers, workshop participants will have the opportunity to discuss their own cases.

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Resources:

Our priority is to enable workshop participants to transfer the workshop content into their daily clinical practice. Therefore, we will provide worksheets for meditation homework and behavioral assignments, as well as audio recordings of meditation exercises. Furthermore, we will also provide some of the assessment instruments which are useful in psychotherapy practice.

References:

Gilbert, P. (2010). *Compassion focused therapy: distinctive features*. London; New York: Routledge.

Hofmann, S.G., Grossman, P. & Hinton, D.E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review*, 31, 1126— 1132.

Martell CR, Dimidjian S, Herman-Dunn R: *Behavioral Activation for Depression: a Clinician's Guide*. New York, Guilford, 2010.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2012). *Mindfulness-based cognitive therapy for depression*. Second edition. New York: Guilford.