



# 5-Day Foundational Professional Training in Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder

Leader: Dr. Fabrizio Didonna – International Center of MBCT for OCD

Villa San Carlo – Costabissara, Vicenza – Italy

March 14-18 2022



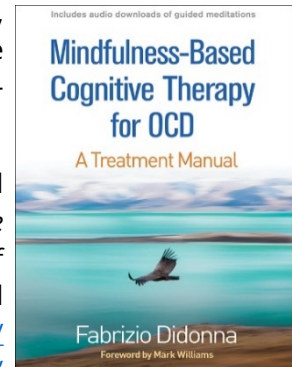
---

to subscribe write to [info@mbctforocd.com](mailto:info@mbctforocd.com)

## MBCT for OCD: Rationale, Structure and Basic Principles

Mindfulness Based Cognitive Therapy (MBCT) for OCD is an innovative, manualized and empirically validated treatment program designed to create significant clinical and life improvement in people who suffer from Obsessive-Compulsive Disorder.

Based on the research and clinical experience of Dr Fabrizio Didonna and documented in his handbook *Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder* (New York, Guilford Press) the program integrates tools of Cognitive-Behavioral Therapy with the clinical application of mindfulness and compassion practices. (For details about the manual, please see <https://www.guilford.com/books/Mindfulness-Based-Cognitive-Therapy-for-OCD/Fabrizio-Didonna/9781462539277/summary>.)



This therapeutic program is the culmination of twenty years of Dr. Didonna's work with hundreds of people affected by OCD, and two decades of practicing and teaching mindfulness meditation, especially MBCT.

The MBCT for OCD program is derived from and inspired by MBCT for depression, incorporating the framework, scope, and several exercises, and as such can be considered an offspring of the model. Nevertheless, MBCT for OCD has a different rationale from MBCT for depression, and many original and unique practices, exercises, themes, and materials have been created, modified, or added to work with this specific clinical population.

The heart of MBCT for OCD lies in acquainting patients with the modes of mind and cognitive mechanisms that characterize OCD, while simultaneously inviting them to develop a new relationship to their internal experience. Patients learn to view thoughts as events in the mind, independent of their content and emotional charge. They need not be disputed, fixed, or changed but are held in a decentered, disidentified, and accepting awareness, open to all mental and emotional contents.

Over time and through intensive practice both during the sessions and at home, this step-by-step intensive therapeutic program aims to help individuals with OCD to recognize and overcome the specific and/or generic biases and dysfunctional mechanisms that activate and maintain their disorder, to learn new effective strategies to neutralize those mechanisms, and to develop stable and healthy ways to relate to their internal experience.

The main "work" of the program is done at home between classes, using audio files with guided exercises that support participants' developing skills outside of class. Home practice will take about 1 hour a day, 7 days a week.

In each session, participants have the opportunity to talk about their experiences with the home practices, the obstacles that inevitably arise, and how to deal with them skillfully. Each class is organized around a theme that is explored through both group inquiry and mindfulness practice.

### Number of sessions and length of time

MBCT for OCD is made up of 11 sessions, each lasting 3 hours – except for Session 3, which includes family members and/or partners and lasts 1½ hours, and Session 11, which is a full-day session of intensive practice and review.

## 5- Day MBCT for OCD Professional Training

This professional development experience allows participants to learn about the MBCT for OCD model and become qualified to implement it with OCD patients in both group and individual settings. This is an in-depth training over five days exploring each of the stages of the 11-session course. There is a strong emphasis on participants getting hands-on experience giving presentations and leading guided practices and inquiry for the 11-session course with feedback from the workshop leader. This training goes through the 11-session course in a step-by-step manner



ensuring that participants understand the rationales behind the practices, the way they fit together as a whole, and have experience actually delivering them. During this course, participants receive the curriculum and detailed lesson plans of the MBCT for OCD program, which integrates tools of cognitive therapy with the practice and clinical application of mindfulness meditation. This intensive and highly interactive training (which can be also organized in a retreat format) emphasizes the importance of the clinician's own meditation practice and self-inquiry. Through role-play, simulated classroom, videos of MBCT for OCD sessions and patient-practitioner encounters, it explores and deepens the actual application of mindfulness practices in working with OCD clients. The curriculum reviews the fundamentals of the MBCT for OCD program and integrates didactic, experiential, and small group learning. It includes daily static and active meditations and, in the retreat format, periods of silence.

Furthermore, the curriculum explores our ability to clearly experience the interplay of thoughts, emotions, and bodily sensations - and how awareness of these domains accurately informs or distorts our capacity to understand ourselves and work with people affected by OCD. The content and curriculum of each MBCT for OCD class session is explored in detail, illustrated through videos of real MBCT for OCD groups. Descriptions of session themes, curricula, and samples of client handouts are provided. (In the retreat format participants need to be housed and fed on-site.)



### Learning Objectives of the Workshop

After attending this workshop, participants will be able to:

- Understand the cognitive processes and biases that activate and maintain OCD.
- Learn the curriculum and core therapeutic tasks for each of the 11 group sessions of MBCT for OCD.
- Reach a clear understanding of the central role of mindfulness meditation practice in facilitating the processes of decentering, disidentification, defusion, and self-regulation of emotions.
- Identify the importance of acceptance and self-compassion in changing pathological OCD biases and mechanisms.
- Understand and experience the relational and therapeutic skills and attitudes needed to lead MBCT for OCD sessions.
- Understand the vital importance of the therapist's ongoing mindfulness meditation practice and sustained mindful awareness within a psychotherapy framework.

- Develop and/or deepen their own mindfulness meditation practice, emphasizing both formal meditative practices and mindfulness as a mode of being in daily life.
- Develop the clinical skills and perspectives necessary to facilitate MBCT for OCD groups, including how to guide meditation and facilitate group cohesion.
- Become qualified to apply MBCT for OCD program both in group and individual settings (after having met the criteria set forth by the International MBCT for OCD Center – e.g. certificated supervision sessions, personal mindfulness practice, etc; for more details see <https://mbctforocd.com/workshop-and-training/>).

## Certificate of Completion:

In recognition of completing this intensive training, participants will be awarded a certificate of completion: *'MBCT for OCD Teacher Professional Training Program'*, from the International MBCT for OCD Center.

Upon successful completion of the certification requirements, the candidate will receive the International MBCT for OCD Center Certificate in *'MBCT for OCD Professional Teacher'*, which equips to run MBCT for OCD programs in individual and group settings for adults patients. The candidate needs to meet a series of requirements and criteria set forth by the International MBCT for OCD Center (e.g. supervision, personal practice, etc.; for more details see <https://mbctforocd.com/workshop-and-training/> )

## Workshop leader



Prof. Fabrizio Didonna, Psy D, is an internationally known Clinical Psychologist, Professor of Clinical Psychology at the School of Medicine, University of Padova, Professor in the Institute for Lifelong Learning of the University of Barcelona, Spain and Visiting Professor at Shanghai Jiao Tong University. He is also a Director of the International MBCT for OCD Center, located in Vicenza, Italy (<https://mbctforocd.com/centro-mbct-per-il-doc-vicenza/>). He is the developer of the therapeutic model, and author of the related manual, *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder* (Guilford Press, 2020, translated in Chinese, Spanish, Italian, French and Russian), the first manualized

and standardized mindfulness-based treatment model for OCD. He is also a founder and Honorary President of the Italian Institute for Mindfulness (IS.I.MIND). He presented scientific papers, lectures and workshops at a number of international conferences and universities worldwide, including Harvard and Oxford, and published numerous articles, several chapters and three books. He is the Editor of the *Clinical Handbook of Mindfulness* (2009, Springer), the first manual on the clinical applications of mindfulness meditation (translated in five languages). He was for 25 years a Director of a Unit for Mood and Anxiety Disorders and a Unit for OCD at the Villa Margherita Private Hospital in Vicenza, Italy, where he implemented his therapeutic model for hundreds of severe and hospitalized patients. He is the founder of *The Mindful Space Lab – Mindfulness at Work*, a leading training company for the application of mindfulness based interventions in the workplace, and a Scientific Director of the Institute-sponsored One-Year Master's Program in Mindfulness-Based Therapy in Milan. He is an experienced instructor of mindfulness-based interventions and has trained more than 2,000 patients in inpatient and outpatient settings. He gives workshops and training retreats in the field of mindfulness and MBCT for OCD internationally, including United States, United Kingdom, China, Mexico, Spain, Panama, Israel, Finland and Poland.

# Tentative Schedule for in-person Training

## First Day

Registration: 9:00 – 9:30 pm

First Session: 9:45 – 12:30 pm

Lunch 12:30 pm – 2:30 pm

Afternoon Session 2:30 pm – 6:30 pm

Dinner 7:00 pm – 8:00 pm

Evening Session 8:00 pm – 9:30 pm

## Second Day-Fourth Day

Morning Practice 7:00 am – 8:00 am

Breakfast 8:00 am – 9:00 am

Morning Session 9:00 am – 12:30 pm

Lunch 12:30 pm – 2:30 pm

Afternoon Session 2:30 pm – 5:30 pm

Dinner 6:00 pm – 7:00 pm

Evening Session 8:00 pm – 9:30 pm

## Last Day

Morning Practice 7:00 am – 8:00 am

Breakfast 8:00 am – 9:00 am

Morning Session 9:00 am – 12:30 pm

Lunch 12:30 pm

## Language

The training will be held in English

## Course Type and Anti-Covid measures

This training will be offered **in person**.

The Villa San Carlo Residence requires vaccination (Green pass) and negative Covid test within 72 hours of arrival. Rapid antigen testing is required upon arrival.

People with a temperature of 37.5°C or higher are not allowed to enter the workshop rooms.

It is compulsory to wear a protective mask while in the workshop rooms and inside the Villa.

It is recommended to always maintain an inter-personal distance of at least 1 meter.

## HYGIENE AND SANITATION

Particular attention will be paid to the respect of hygienic conditions and to the sanitization of the various environments.

Disinfectant gel dispensers will be available at the entrances, passageways, refreshment areas and toilets.

The sanitization of the environments will be guaranteed and the cleaning and disinfection of all common areas and surfaces of major contact (handles, handrails, switches, etc.) will be guaranteed.

## Required Reading

- Didonna F. (2020). *Mindfulness-Based Cognitive Therapy for OCD: treatment Manual*, New York: Guilford Press

We highly recommend that you bring your copy with you to the retreat, as you may find it useful to refer to it at certain points.

## Registration & Fees

All information about registration, payment and the application form will be sent by e-mail.

Registration is required. Attendance rate will be per participant. €100 "Early-Bird Discount" if you register and pay in full on or before February 18, 2022	Early-Bird Rate On or Before February 18, 2022	On or After February 18, 2022
<b>Registration</b>	€650	€750

**Room and Full Board fee:** € 215 euro per 4 nights and 5 days. It must be paid directly to the workshop venue.

The following forms of payment (only for the registration fee) will be accepted if an applicant is admitted to the course:

- Wire transfer
- ~~Credit card (Visa, MasterCard, and Discover ONLY)~~
- ~~Check~~

NOTE:

We do not accept cash.

The registration fee is non-refundable. Registration fee does not include room & board fee.

## Partial Payments

Partial payments are acceptable; however a non-refundable minimum deposit of €300 euro is due upon registration. Please be aware that the early-bird rate is available for all participants who register and pay their balance in full by the early-bird deadline (see registration information above). All early-bird rate participants who have a remaining balance on or after the early-bird deadline will have their fees automatically adjusted to the General Session Rate. All remaining balances must be paid in full 30 days prior to the start of the training or your registration will be cancelled for non-payment and you will not be permitted to attend.

## Online Application Form

During the registration process, you will be required to fill out an online or PDF application form that will be sent by e-mail. Your application for this training will not be taken under consideration until the application form has been submitted. Should your qualifications not be accepted for admittance, a full refund will be granted.

## Cancellation Policy

A refund (minus your €300 euro non-refundable and non-transferable deposit) will be made for cancellations submitted in writing 30 days prior to the training. No refunds will be allowed after that date. In the unlikely event that the course is cancelled, International Center for MBCT for OCD is responsible only for a full refund of the registration fee and not for transportation, hotel accommodations or any miscellaneous expenses.

to subscribe write to [info@mbctforocd.com](mailto:info@mbctforocd.com)

## The Workshop Venue



Villa San Carlo is a beautiful and ancient noble palace built in 1285 and owned by the Bissari Counts and restored numerous times over the centuries. Today the Villa is owned by the diocese of the Church of Vicenza and used as a retreat house for spiritual training. A particular mention goes to the Belvedere loggia, the construction of which seems to date back to the last decade of the 1600s.

The park of the Villa is 60 thousand square meters (3,400 occupied by the pond) enclosed by about two kilometers of walls. There are 2050 plants in the park belonging to 271 species.



The Cedar of Lebanon, the tallest and most imposing plant in the park, is more than 500 years old and has survived endless battles against hurricanes and lightning, one of which, in 1993, divided it for a length of 12

meters, for which made it necessary to cut a crumbling part of the thick foliage.

There are over one hundred year old plane trees. The only remaining Japanese Sophora counts three hundred years (there were two close to the fountain). Also important by age are 20 Swamp Cypresses (tassodi).



to subscribe write to [info@mbctforocd.com](mailto:info@mbctforocd.com)