



Online Three-Day First Level Training in

Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder

A Manualized and Standardized Therapeutic Program

Shanghai – March 25-27th 2022

Leader: Dr. Fabrizio Didonna, Psy.D.

The training will be held in English with consecutive translation in
Chinese



MBCT for OCD

Mindfulness Based Cognitive Therapy (MBCT) for OCD is an innovative, standardized and manualized treatment program designed to create significant clinical and life improvement in people who suffer from Obsessive-Compulsive Disorder. Self-knowledge grounded in sustained meditative awareness is its central tenet. Based on the research and clinical experience of Dr. Fabrizio Didonna and documented in his handbook *Mindfulness Based Cognitive Therapy for Obsessive Compulsive Disorder* (Guilford Press 2020) the program integrates tools of cognitive therapy with the practice and clinical application of mindfulness meditation.

This therapeutic program is the culmination of twenty years of the founder's work with hundreds of people affected by OCD, and about fifteen years of practicing and teaching meditation, especially MBCT.

Obsessive-Compulsive Disorder can be conceptualized as a severe state of 'mindlessness'. The heart of MBCT for OCD lies in acquainting patients with the modes of mind that characterize OCD, while simultaneously helping them to develop a new relationship to these modes. Patients learn to view thoughts as harmless and transient events in the mind, independent of their content and emotional charge. They need not be disputed, fixed or changed but are held in a more spacious awareness, with an attitude of awareness, acceptance and decentering.

Over time and through intensive practice during the sessions and at home, this standardized therapeutic program is aimed at helping OCD individuals, step by step, 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 Training

Led by a senior clinical psychologist, mindfulness teacher and retreat leader Fabrizio Didonna, Psy. D., this workshop analyzes the particular features of OCD patient's relationship with their private experience, using a mindfulness-based perspective, and help to understand how this rapport might play an important activating and maintaining role in obsessive problem. Through mindfulness exercises and videos of MBCT for OCD sessions, this workshop explores the actual application of mindfulness and compassion practices in working with OCD patients. Furthermore, it explains the rationale, the agenda and contents of the therapeutic model and several exercises and practices of the program will be shared with participants.

The curriculum integrates didactic, experiential and small group learning and includes static meditations as well as dynamic meditations (e.g. yoga/mindful movements, mindful walking, etc.).

The content and curriculum of each MBCT for OCD class session is explored, also showing videos of real MBCT for OCD groups, and descriptions of session themes, curricula, and samples of client handouts and transcripts of the practices are provided to attendants.

The workshop is open to mental health professionals who work (or are interested to work) with Obsessive-Compulsive Disorder, and in particular to psychologists, psychiatrists, nurses, clinical social workers, and university students in clinical psychology or psychiatry.

Learning Objectives of the Workshop

- Reaching a clear understanding on how OCD works and the cognitive processes and biases that activate and maintain OCD problems.
- Explaining the central role of mindfulness meditation in facilitating the processes of decentering, disidentification and mindful exposure, which are pivotal in dealing with obsessive problems.
- Highlighting the role of acceptance and self-compassion in changing OCD pathological biases and mechanisms.
- Understanding the rationale as well as the cultural and scientific basis of MBCT for OCD
- Illustrating the basic tenets and key features of MBCT for OCD as well as the session format and structure of MBCT for OCD
- Understanding the curriculum and core therapeutic tasks for each of the eleven group sessions of MBCT for OCD program.
- Understanding the basic relational and therapeutic instructor's skills and attitudes to lead MBCT for OCD sessions.
- Helping participants to develop and/or deepen their own mindfulness meditation practice, emphasizing both formal meditative practices and mindfulness as a mode of being in daily life.
- Providing the basic and introductory skills and perspectives necessary to start to utilize MBCT for OCD in individual setting.

Teaching techniques will include experiential exercises with participants, didactic presentation, video examples of MBCT for OCD in group or individual settings, and handouts.

Workshop Leader



Dr. Fabrizio Didonna, Psy D, is an internationally known Clinical Psychologist, Professor in the Institute for Lifelong Learning of the University of Barcelona, Spain, Visiting Professor at Shanghai Jiao Tong University and Scientific Director of the Institute-sponsored One-Year Master's Program in Mindfulness-Based Therapy. 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 and other 5 languages), the first manualized and standardized mindfulness-based treatment model for OCD (<https://mbctforocd.com/>). Dr. Didonna is the Director of the MBCT for

OCD Center in Vicenza, Italy. 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 Chinese and other four languages). 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, and Finland.

Training Setting

(1) Training Platform: This is an online training, which would be implemented on Tencent Meeting. Here is the download address: <https://voovmeeting.com/>.

(2) Training Time: March 25 to 27, 2022 (Friday to Sunday), 15:00-19:00 + 20:00-22:00 (Time in Beijing, China), 6 hours per day (18 class hours in total)

(3) Training Payment: 3000 yuan / person, which should be 480 US Dollars or 420 Euros. If you require the invoice, you need to transfer money through your institution. Here is the transfer information:

SWIFT CODE: ICBKCNBJSHI

Account: 1001239109014425575

Account name: 上海市心理卫生学会 (Shanghai Mental Health Association).

Please send the Screenshot of transfer and your information (Name, Institution, etc) to e-mail: tiarazhang@outlook.com, and we will contact you before the training.

(4) Training Certificate: Upon completion of the training, a certificate of completion signed by Dr. Fabrizio Didonna will be issued.

Suggested Reading

Didonna, F. (2020). *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder*. New York: Guilford Press

Didonna, F. (2009). *Clinical Handbook of Mindfulness*. New York: Springer Publisher

Segal, Z., Williams, J.M., and Teasdale, J. (2012 2nd edition). *Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse*. New York: Guilford Press