



# Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca) 4 Day Specialist Teacher Training in Hong Kong 2019

**Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca)** has been adapted from MBSR and MBCT for Depression. It is specifically targeted to the needs of people with cancer, at all stages of their illness. Over the 4 days training, we will explore the intention, approach and new aspects of the 8 week MBCT-Ca programme – paying particular attention to

- ❖ *Ways of adapting the core practices as they are guided for cancer participants*
- ❖ *The short practices and ‘new’ processes that have been created within MBCT-Ca*
- ❖ *Ways that we can emphasise and work with kindness and self compassion within the intervention*
- ❖ *Understanding the cognitive model that underpins MBCT-Ca – and the place of the four practice movements of Intention; Coming Back; Turning Towards; and Kindness*
- ❖ *Exploring the teaching implications of working with this population and how we can support ourselves as teachers*



Scan the QR Code  
for application

## Trainer: Trish Bartley and Christina Shennan

**Trish Bartley** developed MBCT for Cancer, through her work as a mindfulness teacher to cancer patients at a regional oncology unit since 2000. She is a teacher trainer for the Centre for Mindfulness, Research and Practice (CMRP) at Bangor University and leads mindfulness-based retreats and workshops internationally.

**Christina Shennan** is an experienced psychotherapist working in the oncology field, in hospice and day care settings. She has been teaching MBCT to cancer patients and carers since 2008.



**Enquiry: [cuhkcmrt@cuhk.edu.hk](mailto:cuhkcmrt@cuhk.edu.hk)**

<b>Training Days</b>	29 Nov 2019 (Fri) to 2 Dec 2019 (Mon) - 4 days training
<b>Venue</b>	CUHK Thomas Jing Centre for Mindfulness Research and Training, Rm 1701, 17/F, Far East Consortium Building, 121 Des Veoux Rd, Central
<b>Target participants</b>	This is a professional training for trained mindfulness-based teachers working with people with cancer or those who wish to do so.
<b>Prerequisites</b>	Participants are expected to have attended their basic level training and have some experience of teaching 8-week MBCT/MBSR courses
<b>Registration requirements</b>	Completed the online application form at <a href="https://forms.gle/xEVwqtsckfybhZPdA">https://forms.gle/xEVwqtsckfybhZPdA</a> (you can scan the QR code) and upload a CV. Upon review of the application, participants will be informed that you have been accepted and will be invited to send in cheques to confirm your registration
<b>Training fee</b>	<b>Standard price: HK\$6000      Early bird: HK\$5300</b> * Early bird: registered on or before 31/7/2019