

## **Past MBCT Professional Training Programs and Workshops offered by Mark Lau**

### **2017**

#### **Mindfulness-Based Cognitive Therapy - Introducing MBCT in your Clinical Work.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Friday, November 24, 2017

UBC Extended Learning

Vancouver, BC, Canada

<https://extendedlearning.ubc.ca/courses/mindfulness-based-cognitive-therapy-introducing-mbct-your-clinical-work/lc707>

#### **Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Thursday, October 13, 2016

18<sup>th</sup> Annual Meeting of the United Nations Staff/Stress Counselors Special Interest Group

Porto, Portugal

#### **MBSR & MBCT ATTI: Advanced Teacher Training Intensive for MBSR and MBCT Teachers**

A five-day professional training

Susan Woods, MSW, LCSW & Patricia Rockman, MD with Mark A. Lau, PhD, RPsych

September 17-22, 2017

EarthRise Retreat Center

Petaluma, CA

<http://mbpti.org/att-advanced-teachers-training-for-mbsr-and-mbct-teachers/>

#### **Mindfulness-Based Cognitive Therapy (MBCT) Professional Training**

A five-day professional training

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

August 27-September 1, 2017

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

<https://hollyhock.ca/programinfo/mindfulness-based-cognitive-therapy-mbct/>

#### **Mindfulness-Based Cognitive Therapy (MBCT) Professional Training**

A six-day professional training

Mark A. Lau, PhD, RPsych, Thorsten Barnhofer with Marion Pahlen

May 22-28, 2017

Bad Kohlgrub, Germany

<http://www.arbor-seminare.de/mbct-teacher-training-english>

## **2016**

### **Mindfulness-Based Cognitive Therapy - Introducing MBCT in your Clinical Work.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Friday, November 25, 2016

UBC Continuing Studies

Vancouver, BC, Canada

<https://cstudies.ubc.ca/courses/mindfulness-based-cognitive-therapy-introducing-mbct-your-clinical-work/lc707>

### **Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Thursday, October 13, 2016

17<sup>th</sup> Annual Meeting of the United Nations Staff/Stress Counselors Special Interest Group  
Athens, Greece

### **Mindfulness-Based Cognitive Therapy to Prevent Physician Burnout**

A 2.5 hour workshop for members of the Vancouver Division of Family Practice

Mark A. Lau, PhD, RPsych

Thursday, September 29, 2016

The Arbutus Club, 2001 Nanton Ave., Vancouver, BC

### **Mindfulness-Based Cognitive Therapy (MBCT) Professional Training**

A five-day professional training

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

August 28-September 2, 2016

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

<https://hollyhock.ca/programinfo/mindfulness-based-cognitive-therapy-mbct/>

### **Mindfulness-Based Cognitive Therapy - Introducing MBCT in your Clinical Work.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Friday, June 17, 2016

UBC Continuing Studies

Vancouver, BC, Canada

<https://cstudies.ubc.ca/courses/mindfulness-based-cognitive-therapy-introducing-mbct-your-clinical-work/lc707>

### **So you are thinking of using mindfulness meditation with your clients? How to introduce and support mindfulness meditation in therapy.**

A 2-hour Master Clinician Workshop

Mark A. Lau, PhD, RPsych

77th Annual Canadian Psychological Association Conference

Victoria, BC, Canada

<http://www.cpa.ca/convention/>

**When the Going Gets Tough in CBT, Get Mindfulness! Individual Mindfulness-Based Cognitive Therapy.**

A one-day pre-convention workshop

Mark A. Lau, PhD, RPsych

Wednesday, June 8, 2016

77th Annual Canadian Psychological Association Conference

Victoria, BC, Canada

<http://www.cpa.ca/convention/>

**Mindfulness-based Cognitive Therapy: From Theory to 'Practice'**

A one-day workshop

Mark A. Lau, PhD, RPsych

Tuesday, May 3, 2016

BC Post-Secondary Counsellors' Association Annual Conference

Vancouver, BC, Canada

**Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Friday, April 8, 2016

British Columbia Psychological Association

Italian Cultural Centre Society, 3075 Slocan Street

Vancouver, BC, Canada

**Mindfulness-Based Cognitive Therapy - Introducing MBCT in your Clinical Work.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Saturday, March 5, 2016

UBC Continuing Studies

Vancouver, BC, Canada

<https://cstudies.ubc.ca/courses/mindfulness-based-cognitive-therapy-introducing-mbct-your-clinical-work/lc707>

**2015**

**Mindfulness-Based Cognitive Therapy (MBCT).**

A one-day workshop

Mark A. Lau, PhD, RPsych

Saturday, November 21, 2015

UBC Continuing Studies

Vancouver, BC, Canada

<https://cstudies.ubc.ca/courses/mindfulness-based-cognitive-therapy-mbct/lc707>

**When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT.**

Institute 5: 1:00-6:00pm; Salon A3

Mark A. Lau, PhD, RPsych

November 12, 2015

49<sup>th</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies

Chicago, IL, USA

<http://www.abct.org/conv2015/>

**Mindfulness-Based Cognitive Therapy: From Theory to Practice.**

A 4-hour pre-conference workshop

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

September 30, 2015

65th Canadian Psychiatric Association Annual Conference

Hyatt Regency Vancouver - Vancouver, BC, Canada

<http://www.cpa-apc.org/browse/documents/92>

**Mindfulness-Based Cognitive Therapy (MBCT) Professional Training**

A five-day professional training

Susan Woods, MSW, LCSW & Mark A. Lau, PhD, RPsych with Andrea Grabovac, MD, FRCPC

August 28-September 2, 2015

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

<https://hollyhock.ca/programinfo/mindfulness-based-cognitive-therapy-mbct-professional-training/>

**Mindfulness-Based Cognitive Therapy (MBCT).**

A one-day workshop

Mark A. Lau, PhD, RPsych

June 19, 2015

UBC Continuing Studies

Vancouver, BC, Canada

<https://cstudies.ubc.ca/courses/mindfulness-based-cognitive-therapy-mbct/lc707>

**When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT.**

A one-day workshop

Mark A. Lau, PhD, RPsych

June 1, 2015

Montreal, QC, Canada

L'Institute de formation en thérapie comportemental & cognitive

<http://iftcc.com/Formation.aspx?id=2056>

## **2014**

### **When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT.**

A one-day workshop

Mark A. Lau, PhD, RPsych

April 10, 2014

BABCP 2014 Spring Workshops & Conference

King's College London, UK

[http://www.babcpconference.com/spring\\_2014/index\\_spring\\_2014.htm](http://www.babcpconference.com/spring_2014/index_spring_2014.htm)

### **Mindfulness-Based Cognitive Therapy (MBCT): New Developments in Theory and Practice.**

A one-day workshop

Mark A. Lau, PhD, RPsych

June 20, 2014

UBC Continuing Studies

Vancouver, BC, Canada

<http://cstudies.ubc.ca/a/Course/Mindfulness-Based-Cognitive-Therapy-MBCT/LC707/>

### **Mindfulness-Based Cognitive Therapy (MBCT) Professional Training**

A five-day professional training

Susan Woods, MSW, LCSW & Mark A. Lau, PhD, RPsych with Andrea Grabovac, MD, FRCPC

August 24-29, 2014

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

<http://www.hollyhock.ca/cms/Mindfulness-Based-Cognitive-Therapy.html>

## **2013**

### **Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day workshop

Mark A. Lau, PhD, RPsych

Feb. 24-Mar. 3, 2013

16th International Continuing Professional Development Conference, Canadian Psychiatric Association

<http://www.cpa-apc.org/browse/documents/93>

### **Mindfulness-based Cognitive Therapy, 2<sup>nd</sup> Edition: A Clinical and Research Update**

A one-day workshop

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

May 8, 2013

The 1<sup>st</sup> International Conference on Mindfulness (ICM)

Sapienza University of Rome, Italy

<http://ahwinstitute.com/first-international-conference-on-mindfulness/preliminary-program>

**Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day 6-hour workshop

Mark A. Lau, PhD, RPsych

June 8, 2013

Holiday Inn, Vancouver, BC, Canada

[http://www.vancouvercbttraining.ca/mindful\\_ct\\_depr\\_ftp.html](http://www.vancouvercbttraining.ca/mindful_ct_depr_ftp.html)

**Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day pre-convention workshop

Mark A. Lau, PhD, RPsych

June 12, 2013

74th Annual Canadian Psychological Association Conference, Quebec City, Quebec, Canada

<http://www.cpa.ca/convention/>

**Mindfulness-based Cognitive Therapy: A Clinical Update**

A 2.5 hour workshop

Mark A. Lau, PhD, RPsych

July 12, 2013

Adult Psychopathology Institute, University of Southern Maine

Portland, Maine, USA

<http://www.usm.maine.edu/summer/adult-psychopathology-institute>

**Mindfulness-Based Cognitive Therapy Training.**

A four-day professional training

Susan Woods, MSW, LCSW & Mark A. Lau, PhD, RPsych

July 18-22, 2013

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

[www.hollyhock.ca](http://www.hollyhock.ca)

**Mindfulness-based Cognitive Therapy, 2<sup>nd</sup> Edition: A Clinical and Research Update.**

Full Day Institute

Zindel V. Segal, PhD & Mark A. Lau, PhD

November 21, 2013

47<sup>th</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies

Nashville, TN, USA

<http://www.abct.org/Conv2013/>

## **2012**

### **Mindfulness-based Cognitive Therapy: From Theory to Practice.**

A one-day, 6-hour workshop

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

April 25, 2012

2012 Canadian Association of Psychosocial Oncology Annual Conference, Vancouver, BC, Canada

<http://www.capo.ca/conferencevents/capo-conference/>

### **Mindfulness-Based Cognitive Therapy Training.**

A four-day professional training

Susan Woods, MSW, LCSW & Mark A. Lau, PhD, RPsych

July 5-8, 2012

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

[www.hollyhock.ca](http://www.hollyhock.ca)

## **2011**

### **Mindfulness-Based Cognitive Therapy.**

A 5-day professional training for the prevention of depression relapse

Zindel V. Segal, PhD, Susan Woods, MSW, LCSW, Mark A. Lau, PhD, & Alice Clark, PhD

Omega Institute

150 Lake Drive, Rhinebeck, N.Y., USA

<http://eomega.org>

### **Mindfulness-Based Cognitive Therapy Training.**

A four-day professional training

Susan Woods, MSW, LCSW & Mark A. Lau, PhD, RPsych

September 29 –October 2, 2011

Hollyhock Educational Retreat Center

Manson's Landing, Cortes Island, BC, Canada

[www.hollyhock.ca](http://www.hollyhock.ca)

### **Mindfulness-based Cognitive Therapy, Part A & B.**

A 6-hour workshop presented over two days

Mark A. Lau, PhD, RPsych & Andrea Grabovac, MD, FRCPC

October 13-14, 2011

2011 Canadian Psychiatric Association Annual Conference

The Fairmont Hotel Vancouver and the

Hyatt Regency Vancouver - Vancouver, BC, Canada

<http://www.cpa-apc.org/browse/documents/92>

**Mindfulness-Based Cognitive Therapy and the Prevention of Depression.**

Clinical Grand Rounds

Mark A. Lau, PhD, RPsych

November 12, 2011

45<sup>th</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies

Sheraton Hotel - Toronto, ON, Canada

<http://www.abct.org/Conv2011/>