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ANTONIA SUMBUNDU is a clinical psychologist and specialist in psychotherapy with private practice in Copenhagen, Denmark. Antonia has been interested in cognitive therapy, mindfulness meditation and buddhist psychology for many years and she teaches MBCT and MBSR in a number of settings, lead's meditation retreats and is training and supervising health and mental health professionals nationally and internationally. Currently Antonia is responsible for the MBSR intervention in a RCT for women with breast cancer and she is also researching mindfulness among Tibetan meditations masters.

MBCT - Joys and Challenges in Teaching and Training

Mindfulness-based Cognitive Therapy (MBCT) was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-based Stress Reduction program. The MBCT program is a manualised, class-based skills training program originally designed specifically to help people who suffer from recurrent depression. MBCT integrates elements from cognitive therapy with intensive practice of mindfulness meditation and because it's central principles are transdiagnostic it holds promise as a helpful intervention in a wide range of settings. MBCT has attracted a great deal of interest among health and mental health professionals and the manual is used widely as inspiration for both group and individual treatments. This workshop will address some of the joys and challenges in teaching and training MBCT.