

## Linda Myoki Lehrhaupt, PhD

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LINDA LEHRHAUPT, Ph.D., Founder and Executive Director of the Institute for Mindfulness-Based Approaches (IMA) in Bedburg, Germany. The IMA offers professional training programs in Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), as well as other mindfulness-based approaches. A specialist in education and meditative bodywork and its clinical applications, Dr. Lehrhaupt has been an educator for almost 40 years. She began teaching MBSR in 1993. She is also a Supervisor for MB-Approaches teachers and a consultant to institutions and other programs. She is an assistant Zen teacher and has practicing Zen since 1979, leading retreats in Zen and Mindfulness since 1992. She is the author of *Tai Chi as a Path of Wisdom* (Shambhala, 2001), *Stille in Bewegung* (2007).

An Introduction to the Practice and Theory of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy for Depression (MBCT).

This workshop will give an overview of MBSR and MBCT. MBSR was founded by Prof Dr. Jon Kabat-Zinn at the Stress Reduction Clinic of the University of Massachusetts. It has proven to be a highly successful intervention for supporting participants with stress, pain, and illness. MBSR is taught at hundreds of clinics, hospitals and institutions around the world. MBCT, a program to prevent relapse of depression that grew out of MBSR and integrates elements of cognitive behavioral therapy, was developed by Professors Zindel Segal, John Teasdale and Mark J. Williams. As well as a short theoretical and historical introduction, participants will have the opportunity to practice mindfulness exercises from the programs.