



**ACACIA**  
THERAPY AND HEALTH TRAINING  
introduces  
**CBT & MINDFULNESS**

presented by  
**Dr Richard W Sears; PsyD, PhD, MBA, ABPP**

Join us for informative, interactive and ground-breaking two- day workshops around South Africa

**DATES:**

15 & 16 January 2018

Sierra Hotel & conference Venue, Pretoria

or

18 & 19 January 2018

Sierra Hotel & Conference Venue, Randburg

or

22 & 23 January 2018

Riverside, Hout Bay

or

25 & 26 January 2018

Hudsons, Stellenbosch

Registration closes 5 January 2018; R 4 500

Early Bird Registration closes 30 November 2017; R 4 000

Group Discount - 15% for groups of 3 or more

15 CPDs

For more information visit

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# ABOUT DR RICHARD SEARS

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Richard W. Sears, PsyD, PhD, MBA, ABPP is a licensed, board-certified clinical psychologist in the state of Ohio, USA. Dr. Sears runs a private psychology and consulting practice in Cincinnati, Ohio, and is Director of the Center for Clinical Mindfulness & Meditation. He holds faculty appointments with the University of Cincinnati Psychiatry & Behavioral Neurosciences, Psychology, and Integrative Medicine.

He is a psychologist contractor with the Cincinnati VA Medical Center, where he conducted research on MBCT for PTSD, and has worked with Cincinnati Children's Hospital on the first studies of fMRI brain scans on mindfulness training for children and adolescents.

Dr. Sears is author of over 10 books, including: **Mindfulness: Living Through Challenges and Enriching Your Life in this Moment; Consultation Skills for Mental Health Professionals; Mindfulness in Clinical Practice; Mindfulness-Based Cognitive Therapy for PTSD; Building Competence in MBCT; The Resilient Mental Health Practice; The Sense of Self; and Cognitive-Behavioral Therapy and Mindfulness.**

Dr. Sears is also a licensed private pilot, a 5th degree black belt in Ninjutsu, and served briefly as a personal protection agent for the Dalai Lama of Tibet. He has a PhD in Buddhist Studies, and has received transmission as a Zen master.



# LEARNING OBJECTIVES OF THE DBT WORKSHOP

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- Explain the most recent research findings that relate to the effectiveness of CBT and mindfulness.
- Connect how mindfulness relates to the principles of Cognitive-Behavioral Therapy (CBT).
- Compile the underlying mechanisms that make mindfulness techniques effective.
- Identify symptoms-specific treatment protocols combining CBT and mindfulness methods.
- Explain the three levels of intervention for challenging clients.
- Combine the CBT thought record with the basic strategies of mindfulness training.
- Implement treatments that help clients cope with cognitive distortions and intense emotions.
- Understand the role of thoughts in perpetuating stress, anxiety, and depression.
- Detect the brain changes associated with mindfulness practice.
- Use mindfulness-based techniques to help clients de-center from the narrative of negative thoughts and emotions.
- Detect how the role of decentering reduces worries and ruminations.
- Apply the three steps of the mindful inquiry process.
- Evaluate the importance of a personal mindfulness practice for the therapist.

