

2018 第二屆正念助人專業國際研討會 暨 牛津大學正念中心 MBCT 師資培訓六日初階課程

正念認知療法 (Mindfulness-Based Cognitive Therapy , MBCT) 是英國馬克威廉斯 (Mark Williams) 等三位認知心理學家 , 以認知治療 (CT) 為基礎 , 融入卡巴金博士的正念減壓 (MBSR) 所創的健心法。本國際研討會以 MBCT 精神之正念社會關懷為主軸 , 由牛津大學正念中心主任威廉凱肯教授 (Prof. Willem Kuyken) 擔任大會主講人 , 並以四場正念專業演講與七個迷你工作坊 , 呈現正念專業應用的多元面貌。

牛津大學正念中心 MBCT 師資培訓六日初階課程 , 是成為 MBCT 教師的第一步 , 歡迎具正念療法(MBSR-MBCT)自我經驗的專業人士參加 , 並歡迎 2019 年繼續參加 MBCT 師資培訓進階課程 , 威廉凱肯教授與李燕蕙教授將共同主持本專訓課程。



威廉凱肯教授 (Prof. Willem Kuyken)

- 牛津大學臨床心理學系教授
(Professor , Clinical Psychology of Oxford University)
- 牛津大學正念中心主任
(Director, Oxford Mindfulness Centre)



李燕蕙教授(Prof. Yen-Hui Lee)

- 南華大學生死學系副教授
- 正念助人學會理事長
- 牛津大學正念中心副教師
(Associate, Oxford Mindfulness Centre)

★課程日期與地點 Dates and Location

課程主題	日期	時間	地點
第二屆MBHP國際研討會	2018.03.10 (週六)	9:00-17:00	台北劍潭 青年活動中心
牛津大學正念中心 MBCT師資培訓六日初階課程	2018.03.11-16 (週日-週五)	9:00-17:00	台北文山區行政中心 10樓大禮堂

★課程內容與報名條件

課程	內容	學員參與條件
MBHP 國際研討會	醫護、心理、教育與監獄教化等正念療法實務經驗的深度交流研討會。	歡迎所有對正念療法有興趣者報名參加。
MBCT 師資培訓: 前三日 (專訓 I: M I)	<p>教學目標</p> <p>1.深化個人正念體驗</p> <p>2.對 MBCT 臨床實務與理論的理解方法與步驟</p> <p>1.MBCT 核心內容系統練習</p> <p>2.正念經驗的團體探索</p>	<p>1 對 MBCT 有興趣者，已上過 MBSR、MBCT 自我經驗課程者。</p> <p>2.醫護、心理、社福、教育、宗教、企業等專業人士或學生。</p> <p>【備註】:本課程不適合目前處於身心重大疾病患者參加。</p>
MBCT 師資培訓: 後三日 (專訓 II: M II)	<p>教學目標</p> <p>1.深化個人正念體驗</p> <p>2.MBCT 教學實務練習與教學回饋方法與步驟</p> <p>1.透過正式和非正式練習，以沉默或對話方式，深化學員的正念體驗。</p> <p>2.MBCT 互相教學: 透過兩人、小組與團體的教學回饋 (teach-back)，學習教學引導與 MBCT 探詢 (inquiry)方法。</p>	<p>1 對 MBCT 有興趣者，已上過 MBSR、MBCT 或 MBHP 自我經驗課程者。</p> <p>2.醫護、心理、社福、教育、宗教、企業等專業人士或學生。</p> <p>3.有意願成為 MBCT 教師的專業人士。</p> <p>4.教學複習者:已參加過 2013/2016 年牛津大學正念中心 MBCT 六日種子教師培訓者，可只參加後三日作為複習，請另詢問承辦人。</p>

★課程費用(NT\$)與報名日期 (2018/01/15前享有早鳥優惠;2018/02/10截止報名)

活動項目	原價	早鳥優惠	主協辦優惠	團報 (5人以上)
MBHP 國際研討會	1,000	700	700	500/人
MBCT 專訓 I(前三日)	18,000	13,500	13,500	
研討會+ MBCT 專訓 I +II	35,000	28,500	28,500	

★第二屆 MBHP 正念助人專業國際研討會 議程

時間	主講人	演講主題
9:00-9:10	李燕蕙教授	正念相逢
9:10-10:10	威廉凱肯教授 (英國) Prof. Kuyken	協助憂鬱症：穿越生命歷程的正念認知療法
10:30-11:10	李燕蕙	正念關懷在監獄三部曲
11:10-11:40	王振宇	從正念助人培訓到正念關懷之路 -台灣經驗分享
11:40-12:10	威廉凱肯教授 李燕蕙/王振宇	從 MBCT 到 MBHA 與 MBCA 之傳承 --談正念社會關懷
13:40-14:10	周大禾/鄭雅之	推廣兒童正念教育-以彰化茄荖國小為例
14:10-14:50	(香港) 林瑞芳教授	正念在學校的應用
時間	主持人	迷你工作坊主題
15:20-16:50	威廉凱肯教授	1 英國牛津 MBCT 師資培訓精神與途徑
	王振宇/李燕蕙	2 監獄正念戒癮與正念社會關懷
	林瑞芳/陳尚綾	3 香港正念教育
	周大禾/鄭雅之	4 兒童正念教育
	王金珠/林進龍	5 正念在企業的應用—工作與生活的創造力
	鄭存琪/胡慧芳	6 助人者的正念自我照顧
	林漢卿	7 正念瑜珈與身體覺知

活動地點:

1. 國際研討會: 劍潭青年活動中心(台北市士林區中山北路四段 16 號)
2. 六日專訓 I + II: 文山行政中心(台北市文山區木柵路三段 220 號)

★主辦單位：牛津大學正念中心(OMC)、正念助人學會(MBHA)、正念關懷協會(MBCA)

★協辦單位：(依筆畫順序排列)

5P 醫學 APP、大林慈濟醫院臨床心理中心、中科博愛(北京)諮詢有限公司、中華民國臨床心理師公會全國聯合會、心動力國際企管顧問有限公司、心靈工坊文化事業股份

有限公司、加州健康研究院、台南市心樂活診所、台南市立醫院、台灣正念工坊、台灣輔導與諮商學會、玄奘大學應用心理學系、任林教育基金會、明志科技大學正念靜觀中心、法務部矯正署嘉義監獄、社團法人中華民國諮商心理師公會全國聯合會、金龍山北峰寺、南華大學生死學系、南華正念中心、屏東教育大學教育心理與輔導學系、致理科技大學學生輔導中心、香港靜觀中心、財團法人佛教蓮花基金會、馬來西亞正念協會、國立陽明高中、國立彰化師範大學輔導與諮商學系、華人正念減壓中心、新加坡華語輔導諮商學會、嘉義縣學生輔導諮商中心、臺北市觀音線心理暨社會關懷協會、臺灣正念發展協會、蓋亞之樹靜觀(正念)中心、德瑞姆心理教育

★注意事項

1. 師資培訓學員，將由牛津大學正念中心(Oxford Mindfulness Centre, OMC)與正念助人學會(Mindfulness-Based Helping Association, MBHA)共同核發師資培訓研習證書，請假超過4小時者，恕不發予研習證書。
2. 全程提供中英文口譯與中英文對照教材。
3. 本活動非屬團體心理治療，學員需具備理性自主、自律的學習能力，因此不適合嚴重或急性身心疾患者參加。
4. 為使學員身心輕安，專注學習，全程提供素食午餐。
5. 六日專訓學員請著寬鬆衣褲，請勿穿著裙子或暴露衣物參加課程，以利活動進行。
6. 專訓學員可自備和式椅或坐墊、小毛毯，以利活動進行(主辦單位將提供瑜珈墊)。
7. 活動期間影音權隸屬主辦單位，未經同意請勿隨意錄音或錄影。
8. 住宿與交通請自理，相關訊息將另行公告。
9. 本活動將申請諮商心理師、臨床心理師、社工師等積分認證。

★ 網路線上報名方式:

1. 直接連結報名網址 <https://goo.gl/dqZBJk> 線上報名。
2. 【立即掃描 QR code，進入線上報名專區！】



- ★ 詳細報名訊息請連結到正念助人學會官網 <http://www.mbha.org.tw>
或正念助人學會 FB 粉絲專頁網址 <https://www.facebook.com/MBHA2015/posts/>
洽詢電話：+886+5+3628515 / 0966596783黎小姐或Email: mbca0409@gmail.com

★報名方式說明

★報名方式

- 1.請線上填表單報名，若無法使用表單報名者，請至正念助人學會官網下載報名表 (<http://www.mbha.org.tw>)，填寫完成後請E-mail到：mbca0409@gmail.com，請在主旨註明: 2018MBHP研討會與MBCT專訓報名，並請寫上報名者的姓名。
報名時間：即日起至 2018 年 2 月 10 日，額滿截止。2018 年 01 月 15 日(含)前可享早鳥優惠價。名額有限，機會難得，敬請把握。

2.報名流程：

- (1) 填寫線上報名表或以表單傳email，主辦單位三天內將通知是否符合報名資格。
- (2) 請於收到主辦單位審核通過與繳費通知信後，三天內匯款繳費。
- (3) 繳費後請將收據掃描或拍照E-mail 至: mbca0409@gmail.com，或以手機簡訊傳至0966-596783提供匯款帳號後五碼給承辦人黎小姐，以利核對匯款。
- (4) 主辦單位確認匯款成功後，三天內將以E-mail通知錄取序號。(六日專訓將依錄取序號順序安排座位)

- 3.行前通知：將於2018年2月26日 (週一) 以E-mail發送行前通知(填寫報名表時請務必確認手機電話號碼、E-mail無誤)

4.退費方式：報名成功後，因個人因素需要取消課程，退費方式如下：

- (1) 2018 年 1 月 20 日(含)之前提出申請，可退還總費用 50 %
- (2) 2018 年 1 月 20 日(含)之後提出申請，恕無法退費，敬請留意與見諒
關於退費有任何問題請來電或E-mail洽詢

★繳費方式

1. 匯款銀行：臺灣銀行 (嘉義分行)
2. 銀行代號：004
3. 帳號：014001007542
4. 戶名：社團法人正念助人學會

※匯款單請註明：姓名、報名場次(報名研討會，報名專訓前三日，報名研討會+專訓六日)。

★Payment Methods:

- Name of Beneficiary. : Mindfulness-Based Helping Association
- Address of Beneficiary : No.72, Sec. 1, Jiapu E. Rd., Taibao City, Chiayi County , Taiwan (R.O.C.)

- Name of Beneficiary's Bank : **BANK OF TAIWAN**
- Account No. of Beneficiary : **014001007542**
- Branch : **Chiayi**
- Address: **No.306, Jhongshan Road, Chiayi City , Taiwan (R.O.C.)**
- SWIFT CODE : **BKTWTWTP014**
- Bank Tel: **+ 886 + 5 + 222-4471**
- Bank Fax : **+ 886 + 5 + 225-8400**

承辦人(Contact Person) : 黎小姐 (Ms. Li)

Tel: 886 (05)3628515 / 0966-596783

E-mail: mbca0409@gmail.com

**2018年第二屆MBHP國際研討會 暨
 牛津大學正念中心(OMC)MBCT專訓報名表
 2018 The 2nd MBHP International Conference and
 OMC MBCT Teacher Training 6-day Foundational Course
 Registration Form**

請用中文或英文正楷書寫 Please print or type in English.

姓名 Name	中文姓名 Chinese		性別 Gender	<input type="checkbox"/> 男 Male
	English (same as passport)			<input type="checkbox"/> 女 Female
E-mail			聯絡電話 Tel	家(H) 手機(Mobile)
通訊地址 Mailing Address				
服務單位/職稱 Professional Affiliation/ Title			最高學歷 Highest Education	
緊急聯絡人姓名 Emergency Contact person			緊急聯絡人手機 Emergency Contact Mobile	
我上過那些 MBSR-MBCT 自我經驗課程: 日期/課名/老師 Please list all the MBSR-MBCT experiential courses, including dates, courses, and instructors.				
我上過哪些 MBSR-MBCT 進階培訓課程: 日期/課名/老師 Please list all the MBSR-MBCT advanced courses, including dates, courses, and				

instructors.		
收據抬頭	<input type="checkbox"/> 個人	<input type="checkbox"/> 抬頭：統編：
報名費用 Registration Fee	報名研討會 Conference	<input type="checkbox"/> 原價 original price NT\$1000 <input type="checkbox"/> 早鳥優惠價 early bird special NT\$700 <input type="checkbox"/> 主協辦單位優惠價 organizer / co-organizer NT\$700 <input type="checkbox"/> 團報(5 人以上) group special (more than 5 people) NT\$500/人(共 人)
	報名 MBCT 專訓 前三日(M I) MBCT Module I	<input type="checkbox"/> 原價 original price NT\$ 18,000 <input type="checkbox"/> 早鳥優惠價 early bird special NT\$13,500 <input type="checkbox"/> 主協辦單位優惠價 organizer / co-organizer NT\$13,500
	研討會+MBCT 專訓 (M I + M II) Conference +MBCT Module I +II	<input type="checkbox"/> 原價 original price NT\$ 35,000 <input type="checkbox"/> 早鳥優惠價 early bird special NT\$28,500 <input type="checkbox"/> 主協辦單位優惠價 organizer / co-organizer NT\$28,500
	總計 Total	總費用為_____元/NTD。
注意事項 Note for Consent	「正念助人學會」為聯繫、檔案管理、行銷等目的，得處理、運用您所提供的資料並發送各項服務或活動訊息。除法令要求及您的同意外，不會將這些資料提供予第三人或挪為他用。	

2018 The 2nd MBHP International Conference in Taipei, Taiwan

March 10, 2018

The Mindfulness-Based Helping Association (MBHA) is proud to organize the 2nd international conference on mindfulness helping professions in Taipei, Taiwan. Through this event, we hope to cultivate mindfulness-based therapy in Taiwanese and Chinese culture, building a community of helping professionals applying mindfulness-based approaches.

It is our honor to have Prof. Willem Kuyken, the Director of Oxford Mindfulness Centre and Professor of Clinical Psychology of Oxford University, as our keynote speaker and MBCT Teacher Training instructor. The conference will also bring together experts and scholars from all over the region, presenting their experiences of integrating mindfulness into healthcare, psychology and education. We welcome all interested participants to join us for this esteemed event, encountering with more possibilities of mindfulness.

Oxford Mindfulness Centre MBCT Teacher Training 6-day Foundational Course in Taipei, Taiwan

March 11 -16, 2018

Prof. Willem Kuyken and Prof. Yen-Hui Lee

Mindfulness-based Cognitive Therapy (MBCT) is a psychological therapy designed by cognitive psychologists Mark Williams and his colleagues. MBCT integrates aspects of cognitive therapy with Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program. Studies show that MBCT fosters loving-kindness and compassion, which is effective to improve physical and mental well-being.

This 6-day training course consists of two parts of 3 days each. The first 3 days of Module I offer an experiential exploration, which is open to participants interested in learning mindfulness. The last 3 days of Module II is a training program for MBCT teachers, recommended for professionals who want to integrate mindfulness into their expertise.

Event	Date	Time	Venue
Conference	March 10, 2018	9:00am – 5:00pm	Chientan Youth Activity Center, Taipei
MBCT Module I	March 11-13, 2018	9:00am – 5:00pm	Auditorium of Wenshan District
Con+ MBCT Module I+II	March 10-16, 2018	9:00am – 5:00pm	Administrative Center, Taipei

Event Location:

- 1. Conference: Chientan Youth Activity Center**
(No.16, Sec. 4, Zhongshan N. Rd., Shilin Dist., Taipei City 111, Taiwan)
- 2. MBCT Module I+II :** Auditorium of Wenshan District Administrative Center, Taipei
(No.220, Sec. 3, Muzha Rd., Wenshan Dist., Taipei City 116, Taiwan)

MINDFULNESS - BASED COGNITIVE THERAPY:

Module I : A 3-Day Experiential Training

Prof. Willem Kuyken and Prof. Yen-Hui Lee

March 11-13, 2018

The purpose of the 3-day Module I is to provide participants with direct experience of 8-session programs of Mindfulness-Based Cognitive Therapy (MBCT). MBCT combines meditation practice with techniques from cognitive therapy in an innovative and effective relapse prevention treatment for recurrent depression, now recommended in UK NHS guidelines. Studies show that MBCT is helpful for individuals with a range of emotional and physical problems.

Participants are expected to have some prior knowledge and experience of mindfulness, and to have a serious interest in bringing MBCT into their lives and work. The program reflects the integration of personal practice and professional application that is central to the approach. It includes a blend of didactic, experiential and small group work. Specific themes and areas of focus will include:

- The seamless cultivation of mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversations and dialogues.
- An overview of the development of MBCT and the theory underpinning it, and a review of research supporting its clinical value
- Mindful approaches to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work
- Experiencing enough mindfulness meditation practice and self-inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician

Module II : A 3-Day Teacher Training

March 14-16, 2018

The intention of Module II, the 3-day Teacher Training is for you to gain hands-on experience in teaching a sample of the MBCT practices in pairs and small groups, with feedback from other participants and experienced teachers.

Participants should normally already have attended (as a minimum) an introductory workshop on mindfulness-based approaches, an eight-week course in mindfulness, and should have a regular, established mindfulness meditation practice.

Background of Instructors:



Willem Kuyken is a Professor of Clinical Psychology at the University of Oxford and Director of the Oxford Mindfulness Centre. A research clinical psychologist, Professor Kuyken earned his PhD from the Institute of Psychiatry, Kings College London, and his Doctorate in Clinical Psychology from the Salomon's Clinical Psychology Training Programme. He learned cognitive-behavioural therapy over two years as a Postdoctoral Fellow at the Center for Cognitive Therapy, University of Pennsylvania / Beck Institute, working with Aaron T. Beck. Since the mid-1990s, his training in

mindfulness-based cognitive therapy has included: participation in MBCT/MBSR workshops and retreats; supervision with John Teasdale, Trish Bartley and others; and support of his mindfulness practice in the insight vipassana tradition from Christina Feldman and Catherine McGee. From 1999 to 2014, Professor Kuyken worked at the University of Exeter, where he held a number of roles including heading up the doctoral clinical psychology training programme and leading the clinical research group. He was awarded the May Davidson award for clinical psychologists who "have made an outstanding contribution to the development of clinical psychology within the first ten years of their work as a qualified clinical psychologist." He is a "grand-fathered" Fellow of the Academy of Cognitive Therapy and was an invited Fellow of Mind and Life Europe.



Prof. Yen-Hui Lee is an Associate Professor at Department of Life-and-Death Studies at Nanhua University and Doctor of Philosophy of Albert-Ludwig University Freiburg, Germany. In 2010, she started learning MBSR and MBCT, later certified by Europäisches Zentrum für Achtsamkeit (EZfA) in German as MBSR Teacher and Oxford Mindfulness Centre(OMC) in UK as Associate of MBCT Teacher Team. Since 2011, she has been involved in developing and facilitating mindfulness workshops in Taiwan and overseas. Participants

included healthcare providers, professional helpers, students, educators and inmates with substance abuse. Prof. Lee and her team established Nanhua Mindfulness Centre (NMC), Mindfulness-Based Helping Association(MBHA) and Mindfulness-Based Caring Association(MBCA) in Taiwan, hoping to inspired more mindfulness professional helpers and educators.

Activity	Original Price (NT\$)	Early Bird Special	Organizer / Co-organizer Special	Group Special
Conference	1,000	700	700	500
MBCT M I (Module I)	18,000	13,500	13,500	None
Conference+ MBCT Module I +II	35,000	28,500	28,500	None

Organizer

Oxford Mindfulness Centre, OMC / Mindfulness-Based Helping Association, MBHA / Mindfulness-Based Caring Association, MBCA.

Certification

Participants who attend all sessions, or take leave less than 4 hours, will receive a certificate issued by Oxford Mindfulness Centre and Mindfulness-Based Helping Association

Language

Congress materials will be in Chinese and English.

Chinese/English consecutive interpretation will be provided in all sessions.

Notes

1. The event Mindful Encounters is of interest to rational and autonomous learners. Not advisable for people suffering from severe physical or mental conditions.
2. Early bird special: Before January 15,2018.
3. Fee include lunch(vegetarian food),handouts, as well as a yoga mat for MBCT M I +II

Registration procedures:

1. Online Registration:

(The online registration system will be closed on February 10th. 2018)

2. After registration, you will be notified by postal mail.
3. After payment, please E-mail your name and payment information to mbca0409@gmail.com (Contact Person: Ms.Li)
4. Confirm the number on line.

Payment methods:

- Name of Beneficiary. : **Mindfulness-Based Helping Association**
- Address of Beneficiary : **No.72, Sec. 1, Jiapu E. Rd., Taibao City, Chiayi County , Taiwan (R.O.C.)**
- Name of Beneficiary's Bank : **BANK OF TAIWAN**
- Account No. of Beneficiary : **014001007542**
- Branch : **Chiayi**
- Address: **No.306, Jhongshan Road, Chiayi City , Taiwan (R.O.C.)**
- SWIFT CODE : **BKTWTWTP014**
- Bank Tel: + 886 + 5 + 222-4471
- Bank Fax : + 886 + 5 + 225-8400

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