

# Mindfulness: Expanding Psychotherapy

Oslo Kongressenter, Norway, 16 December 2007  
Presenter: G. Alan Marlatt, PhD, University of Washington

08:30 – 08:35	<b>Welcome and Introduction</b>
08:35 – 10:00	<b>Overview: Mindfulness</b> <ul style="list-style-type: none"><li>• Expanding the Cognitive Behavioral Tradition</li><li>• Theoretical background and definitions of mindfulness</li><li>• Guided mindfulness practice</li></ul>
10:00 – 10:15	<b>Break</b>
10:15 – 12:30	<b>Mindfulness meditation as a treatment approach</b> <ul style="list-style-type: none"><li>• Chronic pain (Mindfulness-Based Stress Reduction)</li><li>• Depression (Mindfulness-Based Cognitive Therapy)</li><li>• Overview of the empirical evidence</li></ul>
12:30 – 13:30	<b>Lunch</b>
13:30 – 14:00	<b>Prison inmates meditation project</b> <ul style="list-style-type: none"><li>• Presentation of the program and treatment procedures</li><li>• Preliminary data</li></ul>
14:00 – 14:45	<b>Mindfulness as a treatment intervention</b> <ul style="list-style-type: none"><li>• How to get started with mindfulness treatment</li><li>• How to present mindfulness to clients (overview and rationale)</li><li>• Group mindfulness exercises</li></ul>
14:45 – 15:00	<b>Break</b>
15:00 – 15:30	<b>Wrap-up</b> <ul style="list-style-type: none"><li>• Mindfulness exercise</li><li>• Questions from participants</li><li>• Discussion period</li><li>• Workshop confirmations handed-out</li></ul>

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