



# MINDFULNESS-BASED COGNITIVE THERAPY: STRATEGIES FOR WORKING WITH DEPRESSION AND ANXIETY

DR. ZINDEL SEGAL, PH.D.

DECEMBER 5 & 6, 2025

11:00AM – 2:30PM (ET)

LIVE ONLINE VIA ZOOM

## WHAT TO EXPECT

How can mindfulness meditation best be integrated with cognitive and behavioral interventions to support clients with depression and anxiety? Mindfulness has been shown to reduce rumination and worry, increase tolerance of negative emotions, and improve clinical outcomes across a range of disorders. Yet clients often need more than just an introduction to meditation—they benefit from guidance on how mindfulness complements other therapeutic tools.

Through the lens of Mindfulness-Based Cognitive Therapy (MBCT), an 8-week structured program, this workshop will explore how to combine mindfulness practice with cognitive therapy for mood disorder prevention. Participants will learn to sequence formal and informal practices, recognize somatic cues of emotion, and foster affect regulation through “allowing” rather than cognitive reappraisal. This approach can help clients cultivate a more empowered relationship with their depressive or anxious experiences, enhancing choice and agency.

**LEARN MORE**

## CE CREDITS

Continuing Education (CE) Credits Approved with OPA, MDPAC and OAMHP.



## ONLINE REGISTRATION

**EARLY-BIRD DEADLINE:**

**November 14, 2025**

**Student and group rates available, please email [workshop@cmbh.ca](mailto:workshop@cmbh.ca) to learn more.**

**SIGN UP**



**Dr. Shelley McMain, C.Psych.**

**Dr. Shari Geller, C.Psych**

**Co-Directors and Workshop Hosts**

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