

Mindfulness and the Science of Habit Change

2 Day Workshop 2019 Hong Kong

We are creatures of habit. We often find ourselves repeating habits uncontrollably, whether constantly checking social media, binge eating, smoking, excessive drinking or worrying. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? How can we cultivate habits that support our health and happiness? The workshop will deliver practical tools for clinicians and therapists looking to deepen their understanding of the behavioral and brain mechanisms underlying habit formation as well as individuals hoping to break stress-producing habits.

Learning Objectives:

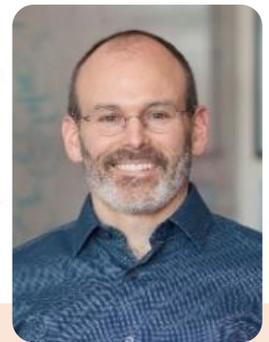
- Identify the neurobiological underpinnings of reward-based learning
- Describe how mindfulness recalibrates the brain's reward centers
- Understand a psycho-educational model that may be shared with patients about how habits are formed, what keeps them in place and why distraction and avoidance are insufficient for lasting habit change
- Understand and employ a 3-step model to use with all types of habit patterns, including seemingly ingrained patterns such as self-judgment and anxiety
- Experience mindfulness practices, including short meditations, reflections and self-monitoring exercises that can be directly applied in daily life and clinical situations



Scan the QR Code
for application

Trainer:

Judson Brewer MD PhD, a psychiatrist and internationally known expert in mindfulness training for addictions. He is a thought leader in the field of habit change and the "science of self-mastery", having combined over 20 years of experience with mindfulness training with his scientific research therein. He is the Director of Research and Innovation at the Mindfulness Center and associate professor in behavioral and social sciences at the School of Public Health and psychiatry at the School of Medicine at Brown University.



Training Days 27 Oct 2019 (Sun) to 28 Oct 2019 (Mon) - 2 days training 9am -6pm

Venue Cheng Yu Tung Building, CYT LT1A, Chinese University of Hong Kong

- Target participants
- Physicians and primary care providers** will learn practical steps and simple solutions to help patients address unhealthy habits such as smoking, overeating, and anxiety
 - Psychologists and psychotherapists** will learn how to bring this evidenced-based model into sessions with clients seeking habit change
 - Nutritionists and life coaches** will learn how the behavior change model can assist clients in following lifestyle and nutritional guidance for developing and sticking to new, healthy behavior patterns.
 - Mindfulness practitioners** interested in understanding their own minds and habit patterns and **teachers of mindfulness** who would like to gain understanding of Buddhist Psychology and the scientific underpinnings of mindfulness practices

Registration requirements Completed the online application form at <https://forms.gle/kyBacGkGEQTvZQoN9> (you can scan the QR code). Upon review of the application, participants will be informed that you have been accepted and will be invited to send in cheques to confirm your registration

Training fee **HK\$1100**

Enquiry: cuhkcmrt@cuhk.edu.hk



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Mindfulness
Research
and Training
CUHK Thomas Jing Centre