

Specialist Mindfulness-Based Relapse Prevention (MBRP) 5-Day Teacher Training in Hong Kong

To build on level one mindfulness teacher training and support participants to deliver the MBRP curriculum with an appreciation of the particularities of the course content and teaching style.

After this course, Participants will:

- Demonstrate knowledge of the MBRP curriculum
- Experience participation and delivery of the MBRP curriculum specific elements, particularly the interactive workshop exercises.
- Understand the intentions of MBRP
- Understand processes involved in addictive behaviour and relapse and the proposed mechanisms of MBRP
- Understand the culture of MBRP teaching -- differentiating between MBRP and other mindfulness--based courses.
- Deepen connections between personal practice and teaching.



Scan the QR Code
for application

Trainer:

Devin Ashwood, has worked therapeutically, as a trainer and leader in a range of addiction treatment settings for over twelve years. He was Program Leader and Lecturer in addictions counselling at the Centre for Addiction Treatment Studies and the University of Bath and has become the primary Mindfulness Based Relapse Prevention teacher trainer in the UK. Devin has been practicing mindfulness daily for the past 20 years. He received a first class Master's Degree in Mindfulness Based Approaches from the University of Bangor and teaches mindfulness to professionals and clients. He also organizes and leads a number of meditation groups and retreats throughout the year, including working as a Buddhist Chaplain to the prison service for the past 12 years. For the past three years, Devin has worked as the Director at Gaia House meditation retreat centre.



Training Days	11 June 2020 (Thur) to 15 June 2019 (Mon) – 5-days training 9am -6pm
Venue	CUHK Thomas Jing Center for Mindfulness Research and Training, Central, Hong Kong
Target participants	<ul style="list-style-type: none"><input type="checkbox"/> Personal experience of a MBRP, MBCT or MBSR 8 week course.<input type="checkbox"/> An established personal mindfulness practice.<input type="checkbox"/> Completed an initial Mindfulness-Based Teacher Training Retreat, course or similar (for example, experience of integrating mindfulness into professional context).<input type="checkbox"/> Ideally a professional background and/or equivalent knowledge and experience of the populations that the programme will be delivered to.
Registration requirements	1: Completed the online application form at https://forms.gle/4jdz5YpAzQNfd4UAA (you can scan the QR code). 2. All application will be reviewed; 3. Successful applicants will be informed of the payment method and are required to pay the course fee within a month after notification. Enquiry: cuhkcmrt@cuhk.edu.hk
Training fee	Early bird and CUHK Staff: HK\$ 6,800 (Before: 30-04-2020); Regular fee: HK\$ 7,800



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