



Centre for Addiction Treatment Studies

Leading the way. Innovative
Continuing Professional
Development Programs

Presents

An Introduction to Mindfulness Based Relapse Prevention

With Dr Amanda Kinsella
Counselling Psychologist
and MPRP specialist.

Amanda is the first U.K Psychologist trained by Professor Marlatt and co authors. She has extensive experience of delivering mindfulness Relapse Prevention treatment programmes within addiction settings.

Action on Addiction are combining forces with Dr Kinsella and are the first UK addiction specialists to offer MBRP CPD programmes.

One day Workshop

Friday 24th February 2012
10:00 - 5:00pm
Warminster

Friday 23rd March 2012
10:00 - 5:00pm
Chester

www.actiononaddiction.org.uk

Course Fee:

£130 early booking (4 weeks in advance)

£150 otherwise

including lunch and refreshments

Please call to book on:
(01985) 843780

**Places strictly limited, book
early to avoid disappointment**

Mindfulness Meditation Relapse Prevention
Addictive Behaviours
Clinical Trials Research Automatic Pilot Awareness triggers
craving High Risk Situations Acceptance
Action Compassion thoughts self care Lifestyle
Balance Social skills
continuing professional development

This practical one-day workshop will be facilitated by experienced Mindfulness practitioner and researcher:

Dr. Amanda Kinsella

The workshop will assist clinicians in their understanding of the theoretical underpinnings of this innovative model. The current research base will be explored, as will implications for practice. The day will provide attendees with a chance to experience the model in action by participating in exercises and how this can be integrated into existing Relapse Prevention programs.

Training opportunities and pathways to becoming an MBRP facilitator will also be explored.

The workshop will provide 6 hours of CPD.

Breslin et al. (2002) argue that mindfulness may disrupt automaticity (i.e. sensitization) and desensitizing attention and memory to substance related triggers of negative affect, mindfulness may alter the relationship an individual has to emotions and triggers though cultivating acceptance as oppose to trying to modify their frequency or intensity.

