



## SAVE The Date!!!

Friday September 14<sup>th</sup>,

9:00 AM, PGCRL Auditorium

**Full Day Masterclass in MBCT**  
(*Mindfulness Based Cognitive Therapy*)  
with

## Dr. Zindel Segal

*Professor, University of Toronto,  
Department of Psychiatry  
Clinical Psychologist & Mindfulness Expert  
The Mindfulness Lab,*

**Dr. Zindel V. Segal**, is a Professor, Author, and Internationally recognized expert in Mindfulness. He has studied and published widely on psychological treatments for depression for more than 25 years, especially the nature of psychological prophylaxis for this recurrent and disabling disorder. His early work helped to characterize psychological markers of relapse vulnerability in affective disorder, especially the link between affective and self-devaluation components of dysphoria. More recently, he and his colleagues have pioneered the combined use of Mindfulness Meditation and Cognitive Therapy as an effective relapse prevention treatment. Patients who practice Mindfulness develop metacognitive awareness of their emotions which, in turn, reduces their reactivity to negative affect. Dr. Segal's publications include **Mindfulness-based Cognitive Therapy for Depression**, and **The Mindful Way Through Depression**, a patient guide that outlines this approach. Dr. Segal's research focuses on psychotherapy, and more specifically, mood disorders, with an interest in both the clinical and cognitive aspects of such disorders. MBCT teaches patients to become aware of their own beliefs without responding to them affectively. Dr. Segal is also a highly skilled cognitive therapist, and one of the leading investigators of the cognitive and neural mechanisms underlying its therapeutic effects.

**Eventbrite Link To Register:**

<https://www.eventbrite.com/e/masterclass-workshop-with-zindel-segal-phd-mindfulness-based-cognitive-therapy-tickets-46325214965>