

AACBT Vic Pub discussion

Critiquing Mindfulness



Come along and start the year of the AACBT Vic Branch with a thoughtful critique and observations of ACT, DBT and more.

GUEST SPEAKER DR NICHOLAS VAN DAM

“Empirical status of mindfulness-based therapies and related issues.”

This presentation will draw on a recent review by Nicholas and a number of eminent contemplative practice researchers characterizing the limitations of the research base and what they felt they could conclusively say about such approaches for helping those with and without mental illness. It will also discuss a lack of interchangeability between the many therapeutic approaches that are often given the umbrella label of mindfulness-based treatments.

Mindfulness- and meditation-based therapies, as well as therapies based on mindfulness-related ideas (e.g., Dialectical Behavioral Therapy, & Acceptance and Commitment Therapy) have achieved an astounding level of popularity among both clients and therapists.

Despite their popularity, meta-analyses of efficacy among these treatments are, at best, inconclusive. Moreover, there are some serious adverse events associated with meditative practices, and mindfulness-based therapies may actually be contraindicated for certain individuals.

Come and join the discussion at the first Pub Discussion for 2018!

- **When** Wednesday 21 February 2018 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **Tickets** AACBT Members **Free** / Non-Members \$10

Dr Van Dam's research focuses on understanding the cognitive, behavioral, and neural underpinnings of high-prevalence psychiatric conditions towards optimizing diagnosis, improving prediction of illness course, and maximizing allocation to effective treatments.

Nicholas conducted his doctoral dissertation on the topic of mindfulness-based treatments for anxiety and depression and has both researched and implemented mindfulness-based treatments.

Book now at <https://www.aacbt.org.au/events/>



AACBT
AUSTRALIAN ASSOCIATION
FOR COGNITIVE AND
BEHAVIOUR THERAPY