

An AACBT International Workshop

# Mindfulness-Based Treatments for Alcohol and Substance Use Disorders



Find out the latest strategies from the international leading expert on mindfulness in addiction! This workshop is not to be missed!

## ASSOCIATE PROFESSOR KATIE WITKIEWITZ

Katie Witkiewitz is a leading expert in mindfulness based therapy for people with alcohol and other drug problems.

She worked closely with the late G. Alan Marlatt, developer of Relapse Prevention, the core evidence-based CBT intervention for addictions, and was instrumental in the evolution of Mindfulness Based Relapse Prevention.

Suitable for new and experienced AOD practitioners, this not to be missed experiential workshop orients you to mindfulness-based interventions for reducing drinking and drug use, and the risk of relapse post treatment.

- Gain a deep understanding of the principles of mindfulness to enhance the art of your practice
- Walk away with real skills in mindfulness based relapse prevention that you can apply immediately

Katie will also talk about her research work and look at how the outcomes from three randomized clinical trials of mindfulness-based relapse prevention can be applied in the real world.

Limited places!

**MELBOURNE**

Monday 6 March 2017

**ADELAIDE**

Wednesday 8 March 2017

**PERTH**

Friday 10 March 2017

**BRISBANE**

Monday 13 March 2017

**SYDNEY**

Tuesday 14 March 2017

	Early Bird	Standard
AACBT Member	\$290	\$340
Non-member ( <i>includes membership</i> )	\$440	\$490
AACBT Student Member	\$170	

Dr. Katie Witkiewitz is an Associate Professor of Psychology at the University of New Mexico and a Scientist at the Center on Alcoholism, Substance Abuse, and Addictions.

She is a licensed clinical psychologist and has worked extensively on studying the biopsychosocial influences on substance use relapse.

She is internationally known for her work in processes of addictive behaviour, relapse and empirically supported treatments for addiction.

To date, she has authored five books, more than 100 peer-reviewed publications, over 20 book chapters, and she has given over 70 presentations and invited talks.



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