Mindfulness and Integrative Medicine Seminar (MIMS)
Monthly speaker series of MARC/PNI/CNS

Monday, January 26th, 11AM-12PM (12-1PM optional didactic discussion)
UCLA Semel Institute (NPI), 740 Westwood Plz., room C8-88
Free. Open to the public. Reservations not needed. Refreshments are provided.

Speaker  Randye J. Semple, Ph.D. Department of Psychiatry & the Behavioral Sciences, Keck School of Medicine, USC
Title  "Mindfulness-Based Cognitive Therapy for Children"

Abstract  Mindfulness-Based Cognitive Therapy for Children (MBCT-C) is a 12-session group therapy for children ages nine to thirteen years old. MBCT-C is a developmentally appropriate adaptation of a manualized adult intervention, Mindfulness-Based Cognitive Therapy, which was developed for the prevention of depressive relapse (Segal, Williams, & Teasdale. 2002). Dr. Semple will discuss theoretical change mechanisms in cognitive therapy and in mindfulness-based approaches, and how mindfulness may modify habits of anxious thinking. She will describe the development and aims of MBCT-C, some of the adaptations made in working with children, the 12-session program structure, and review the research support for MBCT-C.

Bio  Randye J. Semple, Ph.D. is an Assistant Professor of Clinical Psychiatry at the Keck School of Medicine, University of Southern California. Her research interests focus on developing, implementing, and evaluating the clinical effectiveness of a mindfulness-based group therapy for anxious children. Her book, "Mindfulness-Based Cognitive Therapy for Children: A Therapist Manual for Treating Childhood Anxiety with Mindfulness" will be published spring 2010 (New Harbinger Publications).

Next Month  Dr. Joanna Arch, UCLA Dept. of Psychiatry
February 23, 2009

For more information: www.marc.ucla.edu or 310.206.7503

Sponsored by:  Mindful Awareness Research Center (MARC)
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Note:  This is an educational program, not a clinical treatment