

- Building Resilience Through Mindfulness Integrated CBT
- *Presenter: Megan Owenz, PhD, ABPP*

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# Building Resilience Through Mindfulness-Integrated CBT

**Meghan Owenz, Ph.D., AL**

Thank You to the  
MiCBT Institute for  
their support and  
slide content.



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# How much experience do you have with mindfulness meditation?

- 1 - Daily Meditator
- 2 – Dabbler Meditator
- 3 – Newbie – Minimal to No Meditation





What are you  
most curious to  
learn about  
today? To  
experience?

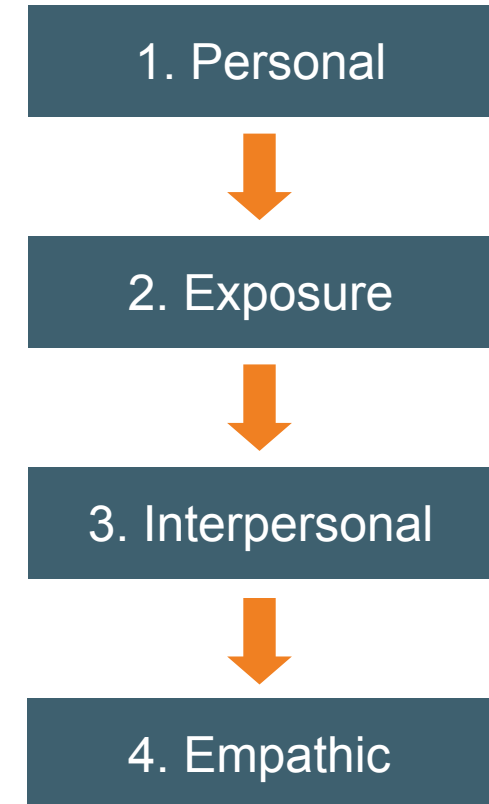
# Learning Objectives

1. Identify and explain the theoretical foundations and four-stage structure of Mindfulness-Integrated Cognitive Behavioral Therapy (MiCBT).
2. Demonstrate the application of specific transdiagnostic MiCBT interventions (Mindful Interoceptive Exposure; Bipolar Exposure) in clinical practice to support symptom reduction.
3. Evaluate and apply culturally responsive adaptations of MiCBT techniques to accommodate individual differences in ability, national origin, and religious orientation

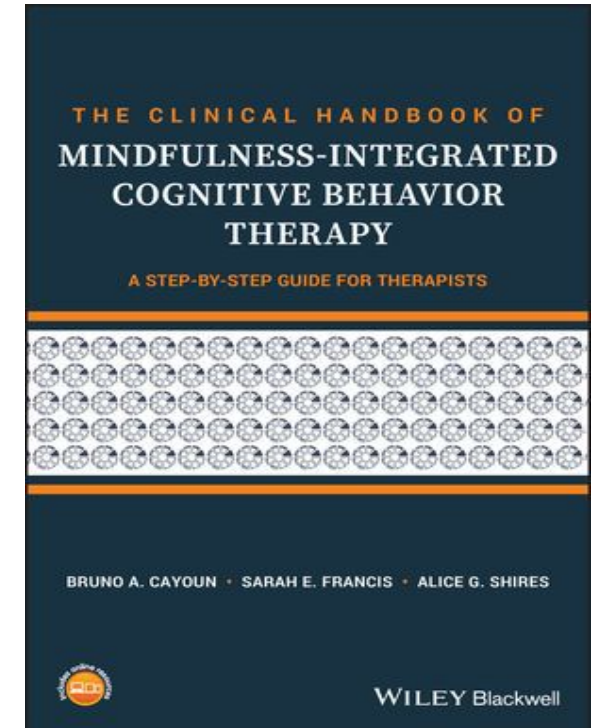
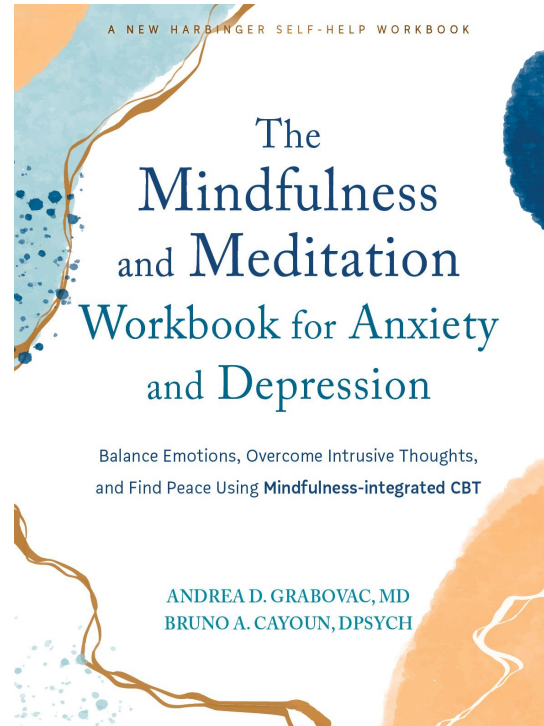
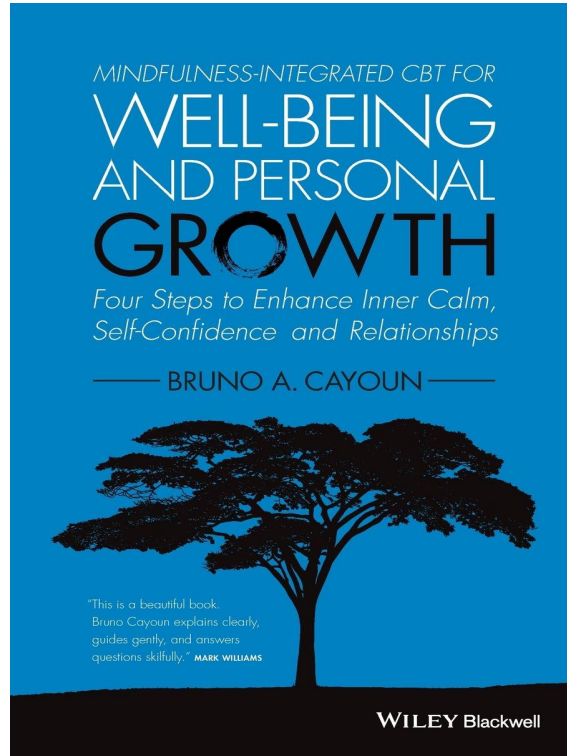
# Introduction to MiCBT

- Transdiagnostic
  - MDD, persistent depressive disorder, GAD, panic disorder, OCD, PTSD, complex PTSD, cluster B+C PD, chronic pain, substance use, adjustment disorder, complicated bereavement, ADHD
  - Addresses comorbidities in addition to chief complaint
- Based on the Co-emergence Model of Reinforcement
  - Developed in 1990s by Dr. Bruno Cayoun
  - Body scanning practices adapted from Theravadan Buddhist approaches to meditation
- 9 to 10 session delivery format
  - Developed in 2001 to 2003
  - Individual (50 min) or group (90 to 120 min)
  - 4 stages of treatment

## Four Stages of MiCBT



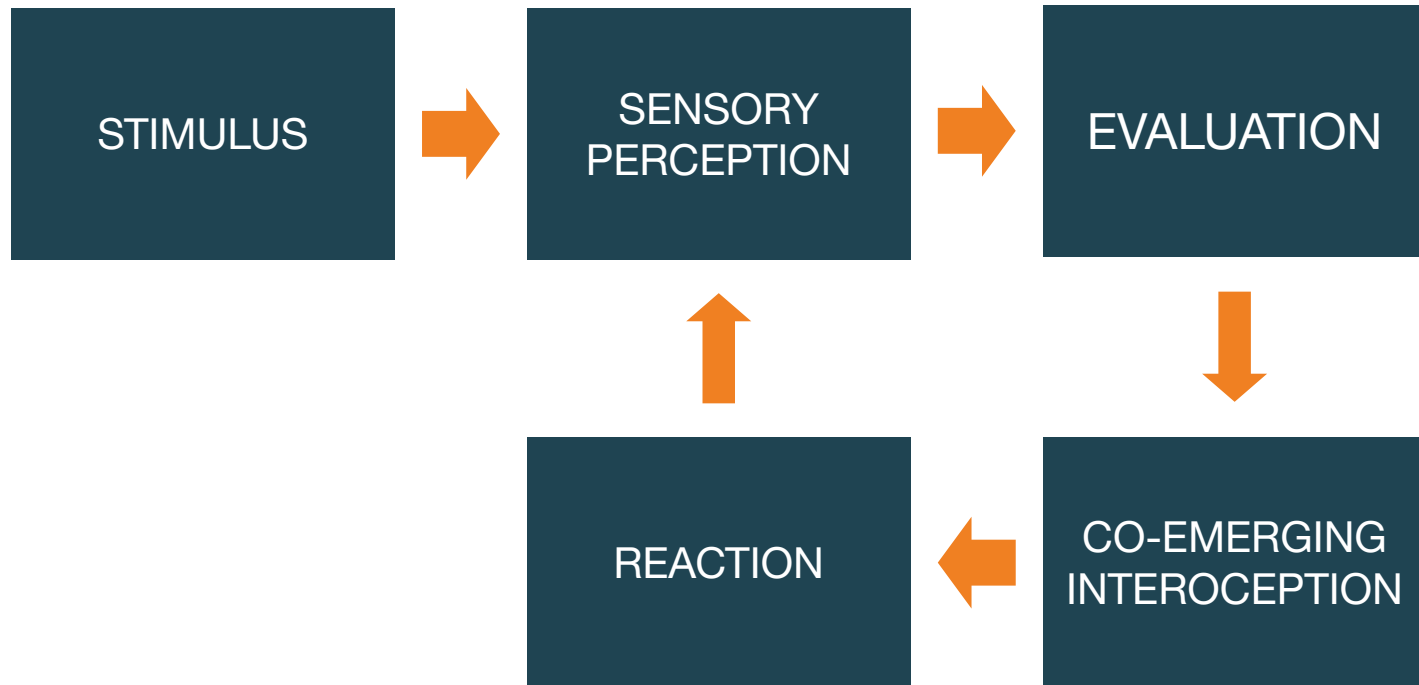
# MiCBT Resources



Cayoun 2015; Grabovac and  
Cayoun Oct 2024: Cayoun et al



# Co-emergence Model of Re-inforcement (CMR)



- CMR is the theoretical framework underpinning the delivery of MiCBT
- An embodied cognition model of information processing
- Combines modern learning theory and neurophenomenology within a CBT framework

# Mindfulness

“An alert, receptive, equanimous, observation of the present moment” – Cayoun & Grabovac

“Paying attention, on purpose, in the present moment, non-judgmentally.” – Jon Kabat-Zinn



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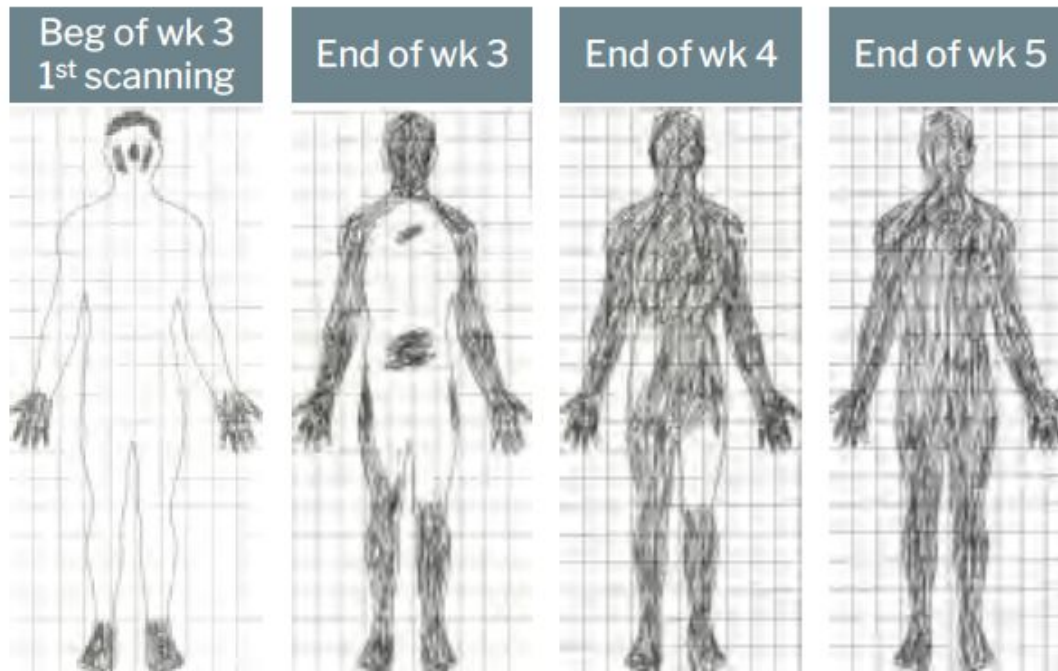
# Equanimity & Role in Treatment



“Brining an equal interest to pleasant, unpleasant, and neutral sensations, without reacting to or identifying with them.” – Grabovac & Offman

“Mental calmness, composure, and evenness of temper, especially in difficult situations.” – Oxford Dictionary

# Equanimity & Development of Interoceptive Awareness



- **Clts. Practice more demanding versions of body scanning each week.**
- **Interoceptive awareness increases each week of body scanning.**
- **Interoception is paired with equanimity and non-identification with the goal of desensitization.**



# MiCBT Weekly Practices



- Week 1: Progressive Muscle Relaxation
- Week 2: Mindfulness of Breath
- Week 3: Unilateral Body Scanning
- Week 4: Unilateral Body Scanning... in silence
- Week 5: Symmetrical Body Scanning
- Week 6: Partial Sweeping
- Week 7: Sweeping en Masse
- Week 8: Transversal Scanning
- Week 9: Sweeping in Depth & Loving Kindness
- Week 10: Maintenance Practice: Mindfulness of Breath, Body Scan, Loving-Kindness



# MiCBT Stages of Treatment



1. Intrapersonal Regulation
2. Behavioral Regulation
3. Interpersonal Regulation
4. Empathetic Stage

# Treatment Stage 1: Intrapersonal Regulation

## Training Interoceptive & Metacognitive Awareness

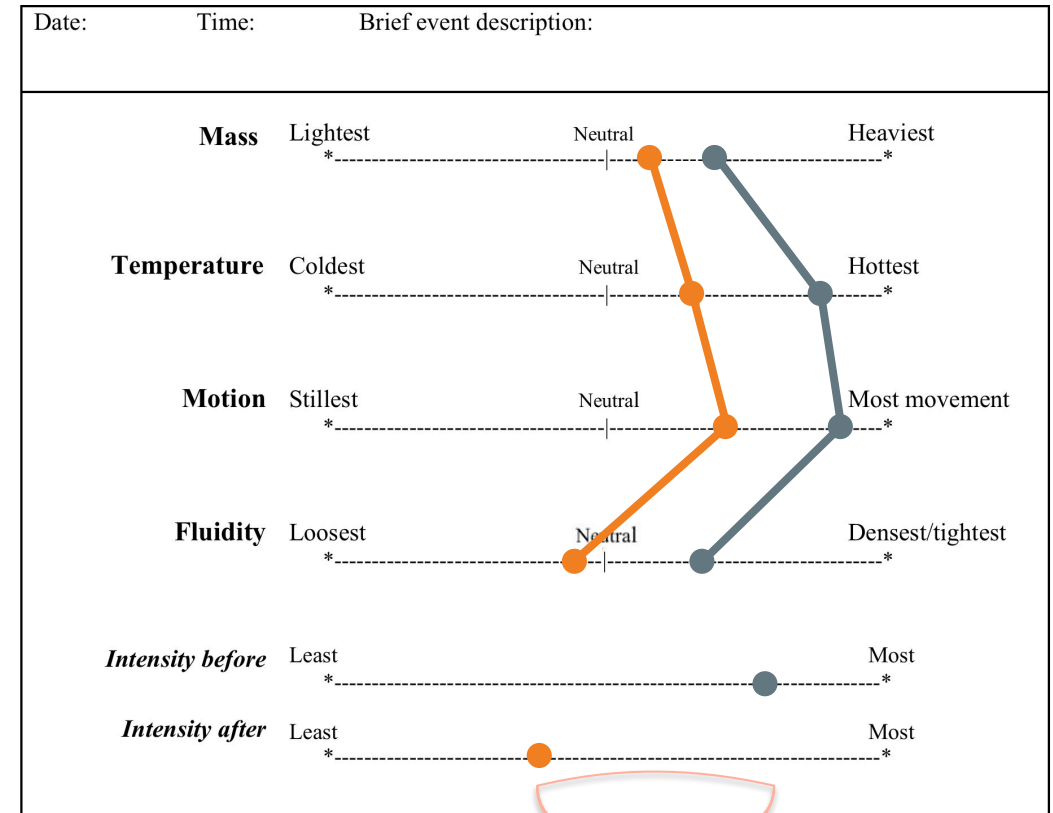
- Week1: Establishing Self-Care
- Week 2: Regulating Attention
- Week 3: Regulating Emotions
- Week 4: Applying Mindfulness in Daily Life

	Theme	Session Tasks	BID Skill Development	Daily Skill Application
1	Establishing Self-Care	<ul style="list-style-type: none"> <li>• Therapeutic contract</li> <li>• Identify target problems and success indicators</li> </ul>	Progressive Muscle Relaxation x 15 min	Mindfulness of posture and movement
2	Regulating Attention	<ul style="list-style-type: none"> <li>• Rationale for mindfulness of breathing</li> <li>• Address schemas contributing to obstacles to twice daily practice</li> </ul>	Mindfulness of breathing x 30 min	Mindfulness of thoughts
3	Regulating Emotions	<ul style="list-style-type: none"> <li>• Co-emergence Model of Reinforcement introduced</li> <li>• Rationale for body scanning</li> </ul>	Unilateral body scanning x 30 min	<ul style="list-style-type: none"> <li>• Diary of Reactive Habits</li> <li>• Interoceptive Awareness Indicator</li> </ul>
4	Applying Mindfulness in Daily Life	<ul style="list-style-type: none"> <li>• Review of equanimity</li> <li>• Mindfulness Interoceptive Exposure Task (MIET)</li> </ul>	Unilateral body scanning without moving x 30 min	MIET

# Mindfulness Interoceptive Exposure Task (MIET)

- 30 sec of interoceptive exposure *with equanimity* to area of most intense sensation during emotional or physical discomfort
- Practiced multiple times a day
- Interoceptive exposure is to 4 specific characteristics of sensations
  - Mass (light to heavy)
  - Temperature (cold to hot)
  - Motion (still to movement)
  - Density/Fluidity (loose to dense/tight)

## Anger Regulation



Distress Reduction



What was your  
initial SUDS rating  
and your SUDS  
rating following the  
MIET?

Example: “7 = 5”



# Treatment Stage 2: Behavior Regulation

## Mindfulness Applied Towards Avoided Situations

SITUATION 1: Date:	_____
	<u>Answering Telephone</u>
	_____
	_____
What percentage of distress would this situation cause you? %	<u>20</u>

SITUATION 2: Date:	_____
	<u>Visits to/from extended family</u>
	_____
	_____
What percentage of distress would this situation cause you? %	<u>40</u>

SITUATION 3: Date:	_____
	<u>Giving up junk food</u>
	_____
	_____
What percentage of distress would this situation cause you? %	<u>50</u>

SITUATION 4: Date:	_____
	<u>Social situations</u>
	_____
	_____
What percentage of distress would this situation cause you? %	<u>70</u>

SITUATION 5: Date:	_____
	<u>Cats</u>
	_____

- Week 5
  - SUDS for Avoided Situations
  - Bipolar Exposure Exercise
  - Practice: Symmetrical Scanning
- Week 6
  - Improving Self-Confidence
  - In Vivo Exposures
  - Practice: Partial Sweeping





What situation  
do you avoid?

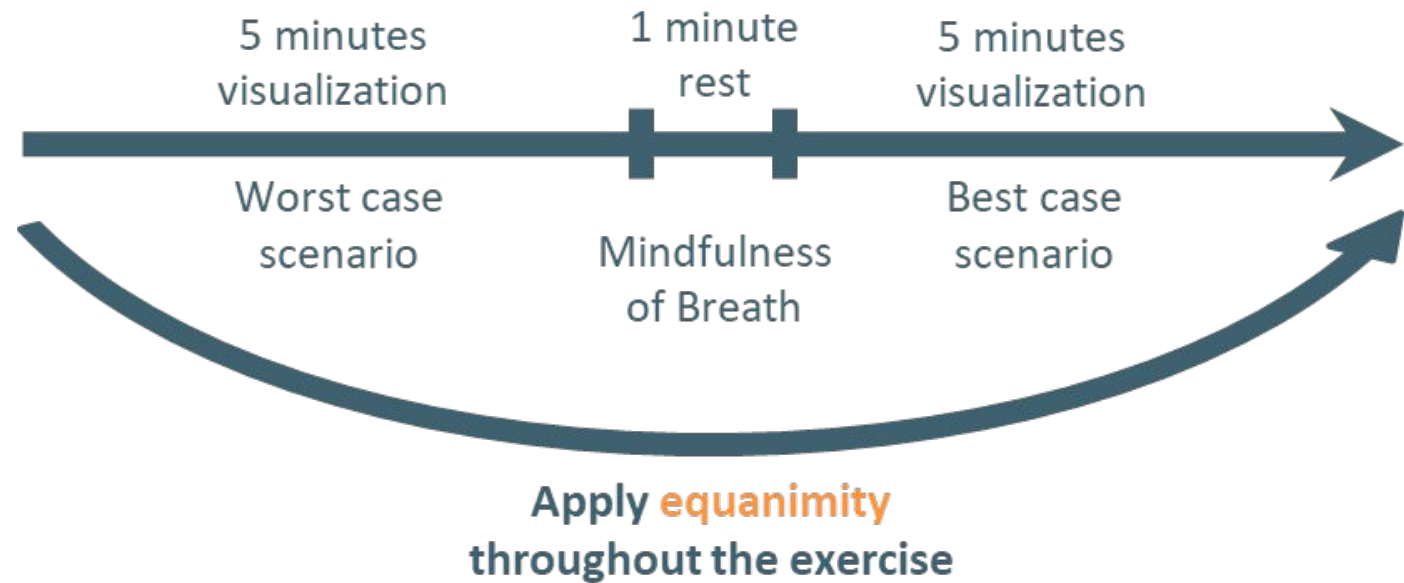
# Intervention: Bi-polar Imaginal Exposure

- 11 Minute Practice

- Imaginal 4 Times
  - Followed by In-Vivo Exposure
  - Moving from least distressing on SUDS list to most
- 
- Exposing client (with Equanimity!) to co-emerging sensations of best and worst-case scenarios

- Reduces Avoidance

- But Also Reduces



# Treatment Stage 3: Interpersonal Mindfulness Applied During Interpersonal Interactions



- Week 7
  - Taking responsibility
  - Experiential ownership
  - Practice: Sweeping en Masse
- Week 8
  - Mindful Communication
  - 7 Statements of Assertiveness
  - Practice: Transversal Scanning

# Experiential Ownership

- Application of mindfulness skills to difficult interpersonal interactions
- Initially practiced in pre-selected interpersonal situations
- 4 steps
  1. Take responsibility for own experience
    - 2 to 3 sec body scanning
    - Equanimity towards sensations within 2 sec
    - Take full responsibility for own sensations
  2. Recognize other's experience
    - Switch equanimous attention to the other person
    - Notice any reactivity they may be experiencing to their sensations
  3. Don't take their behaviour personally
  4. Empathic response



# Mindful Communication

Start with experiential ownership

1. State fact
2. State how “I” feel
3. State how “I” think
4. Acknowledge possible errors
5. State what “I” want
6. Reward (for cooperation or attention)
7. Find a win/win solution (if no cooperation)





# Treatment Stage 4: Empathic Development of Compassion & Prevention of Relapse



- Week 9
  - Loving Kindness Practice
  - Ethical awareness in daily life
  - Practice: Sweeping in depth body scan
- Week 10
  - Maintaining Well-being
  - Maintenance Practice

# Ethical Awareness Practices

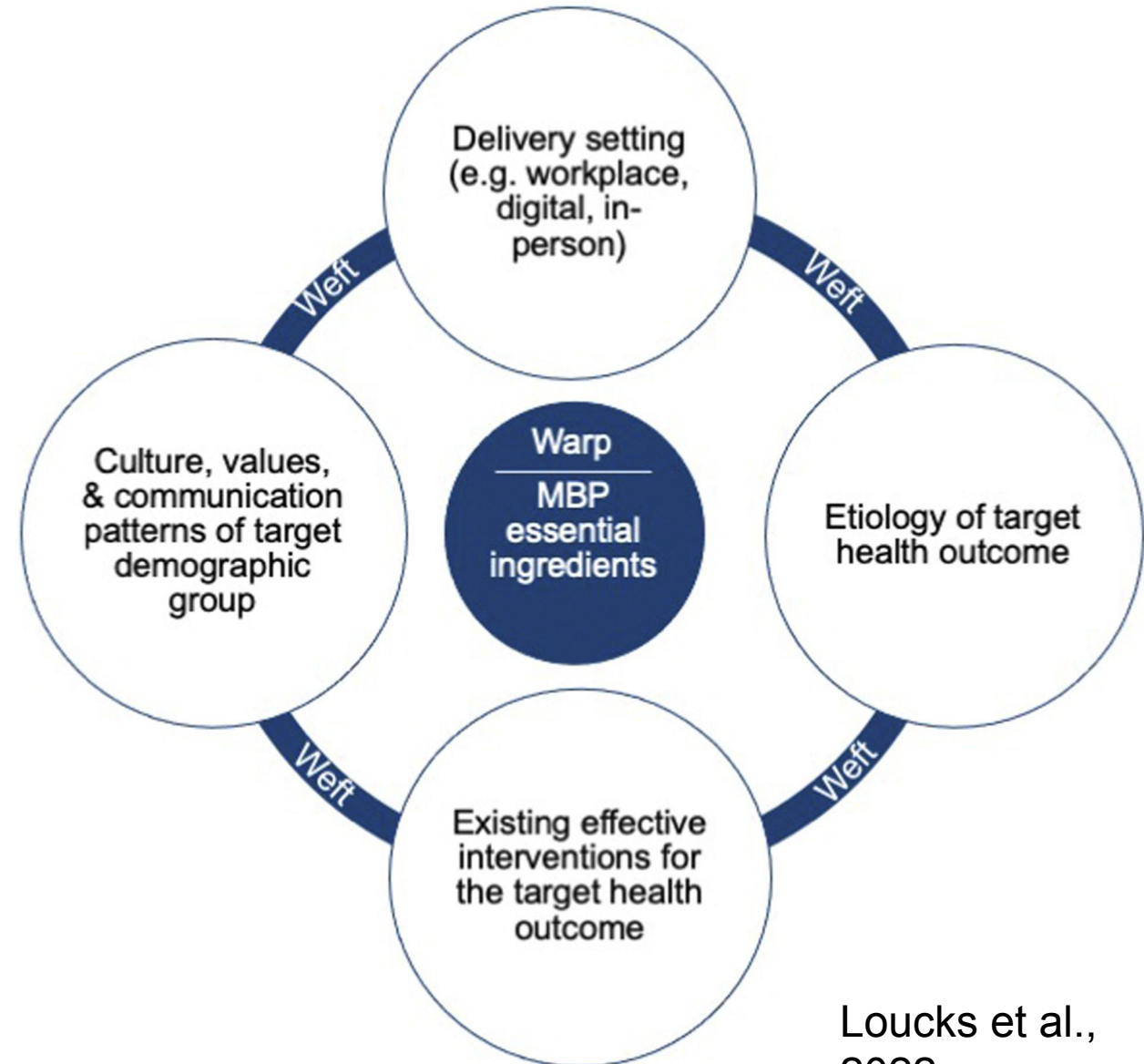
- The ethical awareness practice consists of remaining mindful of both intentions and actions during daily life, and can include:
  - Cultivating helpful speech (Is it true? Is it kind? Is it necessary?)
  - Taking only what is freely given
  - Non-harming (in whatever way this makes sense for the client)
  - Refraining from sexual actions that cause harm
  - Refraining from using substances that impair judgement
- Implemented by examining, with equanimity, the subtle pleasant and unpleasant sensations in the body that habitually compel thoughts, speech and action

# Ethical Awareness Practices... Adapted for Religiosity

- The ethical awareness practice consists of remaining mindful of both intentions and actions during daily life, and can include:
  - Actions consistent with the spiritual beliefs of the client
- Implemented by examining, with equanimity, the subtle pleasant and unpleasant sensations in the body that habitually compel thoughts, speech and action

# Cultural Adaptations of Mindfulness Programs

- **WARP = Essential Ingredients**
  - Twice daily practice
  - Exposure to bodily sensations with equanimity
  - Behavioral change – though targets can be adapted
- **WEFT = Flexible Ingredients**
  - Integration of religion
  - Adjustment of length and program structure
  - Integration of cultural values (independent – interdependent)





# Research-Based Religiosity Adaptations of Mindfulness Based Programs



- Loving Kindness --- “Loving one’s neighbor”
- Mindfulness supporting religiosity – practicing mindfulness before or after reading scripture (before supporting a calm and focused mind ready and open)
- Recruiting religious leaders
- Asking the question, “How do these practices/what we are doing fit with your religion or spirituality?” for individualized adaptations

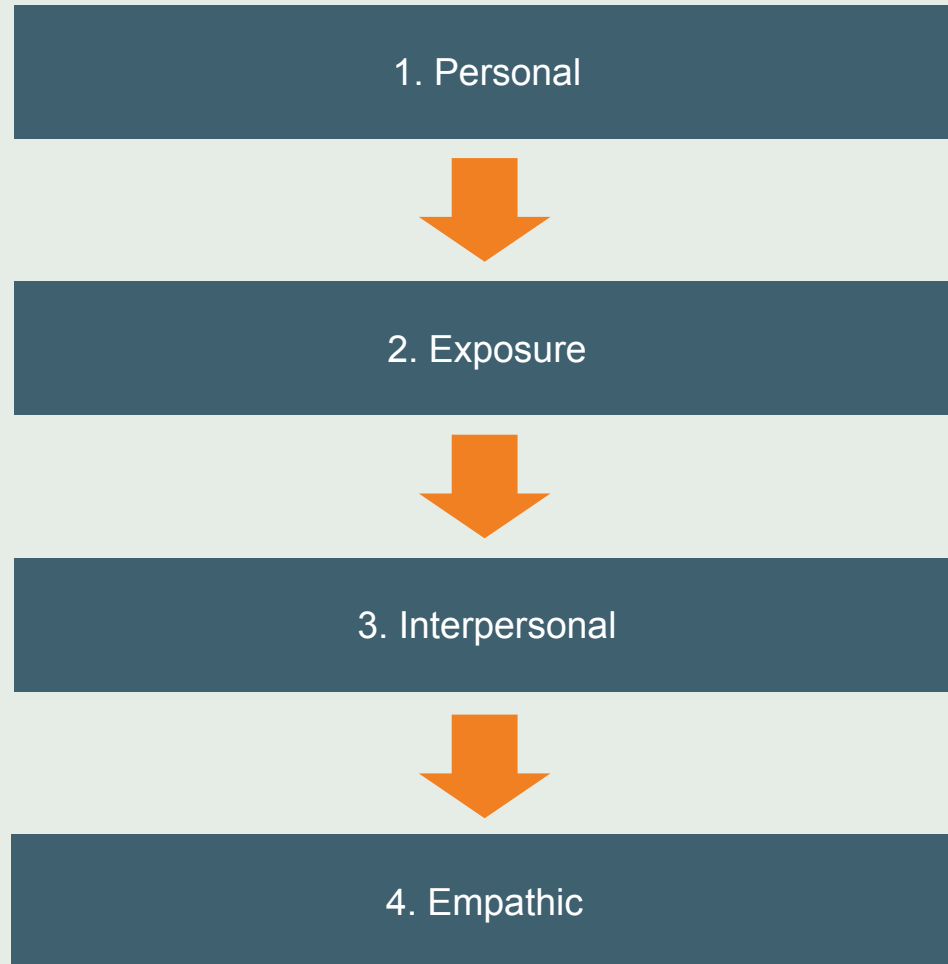
Haidar et al., 2023

# Cultural Adaptations



- Case Study: 87-Year-Old Chronic Pain and Anxiety
  - Pacing & Timing Adaptations
  - Religiosity Adaptations
  - Exposure Adaptations
  - Integration of walking meditation and yoga

## Four Stages of MiCBT



**MiCBT: A  
Four-Stage,  
10-Week,  
Transdiagnostic  
Treatment**



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What is your top  
take-home from  
this workshop?



# MiCBT Training Opportunities

- Foundation Course (FC)
  - Revising currently
  - Asynchronous, self-paced
  - Beginning 2026
  - 1 hr daily meditation practice
- Applied Course
  - 10 sessions, 2 hrs online group
  - Condensed 2 weekend version
  - Implement MiCBT with 3+ patients
- Masterclasses
- Individual and group supervision
- Residential 5 to 7 day MiCBT retreats
  - FC is a prerequisite
- Best Practices
  - Monthly, free, FC prerequisite
- [www.mindfulness.net.au](http://www.mindfulness.net.au)



# Thank you

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[www.meghanowenz.com](http://www.meghanowenz.com)

# References

# Evaluation Forms

You can fill out the evaluation form using the app.  
Look for the evaluation form link at the bottom of  
each session. (preferred)

**OR**

You can fill out the evaluation sheet by hand and give  
it to a staff member or the moderator of the session.

You need to fill this form out to receive full credit for  
the session.

Thank you!