



**Professor dr. Susan Bögels**  
University of Amsterdam, the Netherlands

EABCT's 2024 Global Ambassador

**“Mindful Parenting in Challenging Times”**  
a virtual interactive workshop

**Monday 21st October 5.30 – 8.30 PM CET.**

Despite its inherent joys, the challenges of parenting can produce considerable stress. As parental stress is the primary predictor of child stress, stressed parents may negatively affect the mental and physical health of their offspring. Mindful Parenting is an evidence-based structured mindfulness training program, directed to the sources of parental stress and how to reduce it.

In this 3-hours online workshop the rationale, and the build-up of the program, are outlined, and the research on the effectiveness presented. Most of the workshop however will be practice, so that participants can have a direct experience of mindful parenting. As the workshop is online, participants can also get a taste of what it's like to participate in an online mindful parenting training program. This workshop is relevant to psychologists, psychiatrists, and CBT therapists, beginners to experts

**Key learning objectives:**

1. Insight in theories, working mechanisms and effects of mindful parenting
2. Overview of the 8-week mindful parenting program
3. Experiencing the key practices of mindful parenting

A full description of the workshop can be found on the [EABCT](#) & [WCCBT](#) websites

The workshop will be delivered live on the zoom webinar platform and provide participants with the opportunity to ask Susan questions in real time.

You will also be able to log onto a recording of the workshop for a minimum of 3 months; perfect if you are not able to attend the whole workshop, if you miss a bit, or if you enjoyed it so much you just want to do it all over again!

Maria do Ceu Salvador, the EABCT representative to the WCCBT will be introducing and facilitating the workshop

EABCT Association Member 45€  
Reduced Rate/EABCT Emerging Country 30€  
Non-Member 60€

Registration covers attendance at the live workshop, access to the recording, supporting resources and a **CPD certificate (3 hours)**.

**Register at**  
<https://eyas.formstack.com/forms/eabctga>

The Global CBT Ambassador program is an initiative of the World Confederation of Cognitive and Behavioral Therapies which extends across borders, disciplines, and languages and is supported by all the Regional Associations represented on the WCCBT. Together, they strive to foster a global exchange of ideas that propel the field forward.

As an international association EABCT is proud to participate in this program and introduce our Global Ambassador each year, EABCT will be inviting an influential member from any of EABCT's associations to present a workshop or webinar and share their expertise and innovations with a European and worldwide audience.