

# 2025-2026 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, November 12th, 2025 | 12:00 – 1:30 pm EST | Live Webinar



## INTEGRATING MINDFULNESS INTO COGNITIVE BEHAVIORAL THERAPY

Rob Hindman, PhD

Beck Institute

### PROGRAM DESCRIPTION

Cognitive behavior therapy (CBT) isn't a set of techniques but a framework for conducting therapy. Within a CBT framework, interventions originating from any theoretical orientation can be used. As research has demonstrated mindfulness to be an effective strategy across various presenting problems and disorders, mindfulness-based interventions can be woven into a CBT framework. A commonly used definition of mindfulness is being focused on present-moment experiences in an accepting, nonjudgmental manner. Practicing mindfulness is not supposed to get rid of experiences people may find unpleasant, like certain thoughts or emotions, but to help them learn a healthier relationship to these experiences. Instead of noticing that you're caught up in unhelpful thoughts or struggling with emotion, you take note of the experience, acknowledge that it's part of the human experience, and let it come and go on its own without attempts to control it.

When incorporating mindfulness practices into a CBT framework, it's important to first conceptualize the specific maladaptive beliefs and coping strategies mindfulness is intended to target and correct. Then, mindfulness meditations can be used as experiential exercises for both evaluating maladaptive beliefs and learning more adaptive coping approaches toward thoughts, emotions, and sensations. Participants will learn about integrating mindfulness into CBT through didactic lecture incorporating current research findings, as well as experientially by engaging in guided mindfulness meditations.

### LEARNING OBJECTIVES

Based on the presentation, the participants will be able to:

- » Define mindfulness.
- » Demonstrate how to integrate mindfulness meditation into CBT for worry and rumination reduction.
- » Explain action plan items for applying mindfulness strategies into day-to-day life.

Level of Instruction: Intermediate

Number of Credits: 1.5

Credits offered: NBCC, APA

Cost: \$20, free for PCOM faculty, staff, alumni, students, clinical supervisors, \$15 PBTA

### ABOUT THE PRESENTER

Dr. Hindman is a licensed psychologist in independent practice, a faculty member at the Beck Institute, and a lecturer at Philadelphia College of Osteopathic Medicine. He has co-authored book chapters on anxiety, mindfulness, and Cognitive Behavior Therapy, and he wrote the Beck Institute's online courses on CBT for Anxiety Disorders, CBT for Suicide Prevention, and Integrating Mindfulness into CBT. Dr. Hindman provides Cognitive Behavior Therapy to clients with diverse presenting problems in a private practice setting. As a faculty member at the Beck Institute, he teaches CBT to a wide variety of mental health professionals and paraprofessionals. He also serves as a senior clinical supervisor at Cognitive Behavioral Therapy and Assessment Associates.

## SUGGESTED READINGS

Fresco, D. M., & Mennin, D. S. (2018). All together now: Utilizing common functional change principles to unify cognitive behavioral and mindfulness-based therapies. *Current Opinion in Psychology*, 28, 65–70. <https://doi.org/10.1016/j.copsyc.2018.10.002>

Hindman, R. (2017). Metacognitive therapy. In A. E. Wenzel (Ed.), *The Sage encyclopedia of abnormal and clinical psychology* (Vol. 4, pp. 2091–2094). Sage Publications.

Hindman, R. K., Glass, C. R., Arnkoff, D. B., & Maron, D. D. (2015). A comparison of formal and informal mindfulness programs for stress reduction in students. *Mindfulness*, 6(4), 873–884. <https://doi.org/10.1007/s12671-014-0331-1>

## CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback. Co-sponsored by Philadelphia College of Osteopathic Medicine.



**PSYCHOLOGISTS:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



**CERTIFIED COUNSELORS:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

**LICENSED SOCIAL WORKERS:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to

sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

**REFUND/CANCELLATION POLICY:** For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than three business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within three business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further information about the Refund/Cancellation Policy and any other questions may be obtained by contacting the Coordinator of Continuing Education, PCOM School of Professional and Applied Psychology, at [SPAP-CE@pcom.edu](mailto:SPAP-CE@pcom.edu).