

MINDFULNESS-BASED APPROACHES TO TREATING ADDICTIVE BEHAVIOR

**Conférences de l'Institut Universitaire de Psychothérapie :
Actualités en psychothérapie 2026-27**



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Webinaire le 19 janvier 2027 de 16h30 à 18h00

*Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 179
Site de Cery – 1008 Prilly*

Entrée libre (La présentation se fera en anglais)

ou via Teams (*inscription automatique permettant de visionner la conférence*) :

<https://events.teams.microsoft.com/event/3801a1be-15ee-4462-a082-14bb38c113dd@624cac4a-9d46-4160-b59b-c6eaddb1c7d9?source=copyLinkOneEventsShareDialog>

Mindfulness-based approaches to the treatment of addictive behavior invite greater awareness of triggers, cravings, habitual patterns, and automatic reactions. This cultivates the capacity to pause, observe present-moment experience with openness and curiosity, and respond with greater flexibility and choice.

Drawing primarily from Mindfulness-Based Relapse Prevention (MBRP), this workshop introduces participants to the core practices and experiential exercises that illustrate the intentions and clinical foundations of this approach. Throughout the workshop, participants will explore how mindfulness can help clients relate differently to difficult thoughts, emotions, and urges, supporting recovery and reducing vulnerability to relapse.

Participants will leave with a foundational understanding of mindfulness principles in the treatment of addictive behavior, direct experience with several core practices from MBRP, and practical ideas for integrating these interventions into their own clinical work.

Neha Chawla, Ph.D., is a clinical psychologist, founder and director of the Seattle Mindfulness Center, and Clinical Instructor in the Department of Psychology at the University of Washington. She provides mindfulness- and acceptance-based psychotherapy and facilitates Mindfulness-Based Relapse Prevention (MBRP) groups. Her clinical work emphasizes bringing kind, compassionate awareness to present-moment experience, helping clients cultivate greater awareness of thoughts, emotions, and bodily sensations. This awareness creates a pause in automatic, habitual patterns and fosters greater self-awareness, compassion, freedom, and choice. Dr. Chawla is a co-creator of Mindfulness-Based Relapse Prevention (MBRP) and co-author of Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide. She has authored numerous theoretical and empirical articles and book chapters on mindfulness and addictive behavior, facilitated MBRP groups in community and private treatment settings, and provided professional training workshops throughout the United States and internationally.