

MARK ANTHONY LAU, Ph.D., R. Psych.*Curriculum Vitae*

Languages: English, Conversational French
 Citizenship: Canadian

EDUCATION:

1991 – 1995 **Ph.D., Clinical Psychology**, McGill University
 1983 – 1986 **M.Sc., Neurophysiology**, McGill University
 1978 – 1981 **B.Sc., Physics & Physiology (Double Major)**, McGill University

EMPLOYMENT:

2011 – present **Private Practice, Psychologist** (Supervision, training, consultation, treatment),
 Vancouver CBT Centre
 2019 – 2021 **Scientific & Clinical Advisor**, Starling Minds
 2008 – 2021 **Scientific & Clinical Advisor**, Bounce Back: Reclaim your health, CBT
 Infrastructure Project, Canadian Mental Health Association
 2007 – 2011 **Director**, BC Cognitive Behaviour Therapy Network, BC Mental Health and
 Addiction Services
 2006 – 2011 **Research Scientist**, BC Mental Health and Addiction Services
 2004 – 2006 **Deputy Head**, CBT Unit, Centre for Addiction and Mental Health
 1996 – 2003 **Psychologist**, CBT Unit, Centre for Addiction and Mental Health
 1996 – 2006 **Private Practice**, Part-time

CROSS APPOINTMENTS:

2007 – present **Clinical Associate Professor of Psychiatry**, University of British Columbia
 2007 – present **Founding Fellow**, Institute of Mental Health, UBC
 2014 – 2019 **Visiting Professor**, University of Glasgow, Scotland

- 2008 – 2013 **Affiliated Investigator**, Vancouver Coastal Health Research Institute
- 2008 – 2012 **Adjunct-PhD Supervisor**, Macquarie University, NSW, Australia
- 2010 – 2011 **Past-Chair, Clinical Section**, Canadian Psychological Association
- 2009 – 2010 **Chair, Clinical Section**, Canadian Psychological Association
- 2008– 2009 **Chair-Elect, Clinical Section**, Canadian Psychological Association
- 1997 – 2006 **Assistant Professor of Psychiatry**, University of Toronto
- 1997 – 2006 **Adjunct-Practicum Supervisor**, Dept. of Psychology, York University
- 2000 – 2006 **Special Lecturer**, Dept. of Psychology, University of Toronto
- 2000 – 2003 **Internship Supervisor**, Counseling Psychology, OISE, University of Toronto
- 1996 – 1999 **Assistant Scientific Staff**, Mount Sinai Hospital, Toronto, ON

CLINICAL TRAINING:

- 1995 – 1996 **Post-doctoral Clinical/Research Fellow**. Cognitive Behaviour Therapy Unit, Clarke Institute of Psychiatry, Toronto, ON.
- 1994-1995 **Clinical Internship**, Health Psychology Clinic/Anxiety Disorders Unit, Vancouver Hospital, Vancouver, BC. Full time APA/CPA accredited Pre-Doctoral Internship.
- 1993-1994 **Clinical Internship**, Behavior Therapy Unit, Douglas Hospital, Montreal, QC. Half-time APA/CPA accredited Pre-Doctoral Internship.
- 1992 **Clinical Practicum**. Forensic Assessment. Youth Court Services, Burnaby, BC.

RELATED EMPLOYMENT EXPERIENCE:

- 1988 – 1989 **Clinical Research Associate**, Berlex Canada Inc., Montreal, QC.
- 1986 – 1988 **Clinical Research Associate**, Pfizer Canada Inc., Montreal, QC.
- 1985 – 1986 **Assistant, Regulatory Affairs Department**, Ayerst Laboratories, Montreal, QC

AWARDS:

- 2008 Scientist-Practitioner Award, British Columbia Psychological Association
- 2006 Nominated for the Colin Woolf Award for Continuing Mental Health Education: Course Co-ordination
- 2002 Excellence in Continuing Mental Health Education Award for ‘Intermediate Cognitive Therapy Course: Supervised Applications’
- 2002 Nominated for Excellence in Continuing Mental Health Education Award for ‘Cognitive Therapy Summer Training Institute’

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| 2001 | John M. Cleghorn Award for "Excellence as a Newly Established Researcher" |
| 1993 – 1994 | Scholarships - 1) Fonds pour la Formation de Chercheurs et l'Aide a la Recherche (FCAR) & 2) McGill Graduate Faculty Major Fellowship |
| 1991 – 1993 | Scholarship - National Sciences and Engineering Research Council (NSERC) |
| 1986 | M.Sc - Graduated on the Dean's Honours List |
| 1983 – 1984 | Scholarship - Formation de chercheurs et action concerté (FCAC) |
| 1984 | Scholarship - McGill Graduate Faculty Summer Fellowship |
| 1981 | B.Sc. - Graduated with Great Distinction |

PEER REVIEWED GRANT SUPPORT:

Principle Investigator/Co Principal Investigator

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| 2010 – 2015 | Canadian Institutes of Health Research Operating Grant. A randomized controlled trial evaluation of brief, telephone supported CBT self-help in primary care patients with mild to moderate depression. Lau, M.A. , Hollon, S., & Lynd, L. (\$220,135). |
| 2010 – 2011 | Vancouver Coastal Health Research Institute Team Grant. Predicting patients at risk for prematurely ending group treatment for depression and anxiety. Sochting, I., Lau, M.A. , Ogrodniczuk, J., Ochs, E., Wislon, C., DeGagne, T., & Yaxley, D. (\$29,790.40). |
| 2009 – 2013 | Canadian Institutes of Health Research Operating Grant. Evaluating cognitive reactivity as a causal risk factor of depressive relapse. Lau, M.A. (\$323,985). |
| 2009 – 2010 | Canadian Institutes of Health Research Catalyst Grant. Mindfulness-based Cognitive Therapy for the Prevention of Depressive Relapse in the Workplace. Lau, M.A. , Segal, Z.V., Lynd, L., Ogrodniczuk, J., McGrath, P., & Coleridge, P. (80,000). |
| 2009 – 2010 | Great-West Life Innovation Fund of the Foundation of the Canadian Psychiatric Association: Mental Health in the Workplace Initiative. Mindfulness-based Cognitive Therapy for the Prevention of Depressive Relapse in the Workplace. Lau, M.A. , & Grabovac, A. (30,000). |
| 2008 – 2009 | BC Mental Health and Addictions Network Development Grant. Group Psychotherapy Practice Research Network. Lau, M.A. , & Ogrodniczuk, J. (\$3,500). |
| 2007 – 2008 | Michael Smith Foundation for Health Research Team Planning Grant. Increasing consumer access to cognitive behaviour therapy (CBT) in British Columbia: Applying a knowledge exchange framework to CBT dissemination. Team Leader: Lau, M.A. (\$50,000). |
| 2007 – 2008 | BC Mental Health and Addictions Network Seed Grant. Evaluating cognitive reactivity as a causal risk factor of depressive relapse. Lau, M.A. , (\$7,500). |

- 2006 – 2008 **Ontario Mental Health Foundation Operating Grant.** Using Mindfulness-Based Cognitive Therapy to Reduce Cognitive Reactivity – A risk Factor of Depressive Relapse. **Lau, M.A.**, Segal, Z.V. (\$149,014).
- 2001 – 2002 **CAMH Psychiatry Research Fund.** Inhibitory deficits: A mechanism underlying the prophylactic effects of mindfulness based interventions on depressive relapse. **Lau, M.A.**, Christensen, B.K. (\$5,500)
- 2000 – 2005 **Medical Research Council Operating Grant.** Inhibitory deficits in persons with Major Depressive Disorder: Risk factor or correlate? **Lau, M.A.**, Christensen, B.K., Gemar, M., Segal, Z.V. (\$150,000).
- 1998 – 2000 **Medical Research Council Operating Grant.** The Role of Inhibitory Control in Depressive Cognition. **Lau, M.A.**, Christensen, B.K., Gemar, M., Segal, Z.V. (\$80,000).
- 1999 – 2000 **Clarke Institute of Psychiatry Research Fund.** The Role of Inhibitory Control in Depressive Cognition. **Lau, M.A.** (\$5,500).
- 1997 – 1998 **Clarke Institute of Psychiatry Research Fund.** The Role of Inhibitory Control in Depressive Cognition. **Lau, M.A.** (\$5,500).
- 1996 – 1997 **Clarke Institute of Psychiatry Research Fund.** The Role of Inhibitory Control in Depressive Cognition. **Lau, M.A.** (\$5,500).
- 1996 – 1998 **Ontario Mental Health Foundation Post Doctoral Fellowship.** Inhibitory Control and Frontal Lobe Dysfunction in Unipolar Depression (\$27,600). Declined.

Co-Investigator

- 2013 – 2014 **Canadian Institutes of Health Research. Operating Grant: Knowledge to Action.** “Like a ship that’s always righting itself:” Self-management of bipolar disorder, from evidence to action. Bilsker, D., Maxwell, V.S., Michalak, E., Cheek, J., Gorman, C., Hole, R.D., Lapsley, S., Lau, M.A., Murray, G. W., Suto, M., & Velyvis, V. (\$89,342).
- 2012 – 2013 **Canadian Institutes of Health Research. Catalyst Grant: eHealth Innovations.** Quality of life in bipolar disorder: e-health engagement to move evidence into action. Bilsker, D., Maxwell, V.S., Michalak, E., Murray, G. W., Lau, M.A., & Sixsmith, A. (\$100,000).
- 2011 – 2014 **Canadian Institutes of Health Research. Network Catalyst - Knowledge Translation.** Improving care and wellness in bipolar disorder: a collaborative knowledge translation network. Michalak, E., Goldner, E., **Lau, M.A.**, Livingston,

J., Murray, G., & Velyvis, V. (\$594,566).

- 2010 – 2012 **Canadian Institutes of Health Research. Operating Grant: Knowledge to Action.** Quality of life, stigma and bipolar disorder: A collaboration for change. Michalak, E, Parikh, S.V., Austin, J.C., Hole, R.D., **Lau, M.A.**, Livingston, J., Milev, R.V., Pesut, B.K., & Suto, M. (\$200,000).
- 2009 – 2011 **Coast Capital Savings Depression Research Fund.** Postpartum Mood Disorders: Prevalence, comorbidity and risk factors. Fairbrother, N., Janssen, P.A., & **Lau, M.A.** (\$25,000).
- 2008 – 2010 **Ontario Neurotrauma Foundation.** Improving mood, adjustment and coping in people with acquired brain injury: a randomized controlled trial to examine the efficacy of a Cognitive-Behaviour Therapy protocol adapted for brain injury and remote administration of services. Green, R., Bradbury, C., Christensen, B., **Lau, M.A.**, Ruttan, L., Bayley, M., & Pryor, C. (\$246,989).
- 2008 – 2009 **Spinal Cord Injury Solutions Network Rapid Response Award.** The Impact of a brief Cognitive Behaviour Therapy intervention aimed at improving emotional well-being and quality of life for individuals with spinal cord injuries. Bradbury, C., Green, R., **Lau, M.A.**, Burns, A., Huth, J., & Flett, H. (\$85,435).
- 2007 – 2008 **Canadian Institutes of Health Research (CIHR)-Institute of Musculoskeletal health and Arthritis Team Grant.** The Impact of a Brief Cognitive-Behavioural Therapy Intervention on Pain Perceptions, Emotional Wellness and Quality of Life in a Spinal Cord Population. Bradbury, C., **Lau, M.A.**, McGillivray, C., Mabruccho, R., Huth, J., & Walker, K. (\$5,000).
- 2003 – 2005 **Canadian Psychiatric Research Foundation.** Neurophysiology of Cognitive Inhibition Deficits in Major Depressive Disorder. McNeely, H.E., Christensen, B.K., **Lau, M.A.**, Alain, C. (\$80,000).
- 2003 – 2005 **Ontario Mental Health Foundation Operating Grant.** Neurophysiology of Cognitive Inhibition Deficits in Major Depressive Disorder. McNeely, H.E., Christensen, B.K., **Lau, M.A.**, Alain, C. (\$93,892).
- 2001 – 2004 **Canadian Institutes of Health Research Operating Grant.** Toward a program of research in Mindfulness-based stress reduction: Validating and specifying the construct of ‘Mindfulness’ and the development of a self-report measure. Bishop, S., Anderson, N., Abbey, S., Devins, G, **Lau, M.A.**, & Segal, Z.V. (\$156,000).

OTHER GRANT SUPPORT:

- 2009 – 2011 **Canadian Mental Health Association.** A randomised controlled study of

telephone-guided vs. un-guided self-help for mild to moderate depression in persons with chronic physical health conditions. **Lau, M.A.** (\$50,000).

PAPERS PUBLISHED IN REFEREED JOURNALS:

1. Navarrete, J., Fontana-McNally, M., Colomer-Carbonell, A., Sanabria-Mazo, J.P., Pinazo, D., Silvestre-López, A., **Lau, M.**, Tanay, G., García-Campayo, J., Demarzo, M., Soler, J., Cebolla, A., Feliu-Soler, A., and Luciano, J.V. (2023). The Toronto Mindfulness Scale and the State Mindfulness Scale: Psychometric Properties of the Spanish versions. *Frontiers Psychology, 14*:1212036. DOI: [10.3389/fpsyg.2023.1212036](https://doi.org/10.3389/fpsyg.2023.1212036)
2. Moradian, H., **Lau, M.A.**, Miki A., Klonsky, E.D., Chapman, A.L. (2023). Identifying Suicide Ideation in Mental Health Application Posts: A Random Forest Algorithm. *Death Studies, 47*(9):1044-1052. doi: 10.1080/07481187.2022.2160519.
3. Moore, M.T., **Lau, M.A.**, Haigh, E.A.P., Willett, B.R., Bosma, C.M., & Fresco, D.M. (2022). Association between Decentering and Reductions in Relapse/Recurrence in Mindfulness-Based Cognitive Therapy for Depression in Adults: A Randomized Controlled Trial. *Journal of Consulting & Clinical Psychology, February 2022 – Volume 90 – Issue 2 -p 137-147* doi: 10.1037/ccp0000718.
4. Miki A., **Lau, M.A.**, & Moradian, H. (2021). An Open Trial of the Effectiveness, Program Usage and User Experience of Internet-based Cognitive Behavioural Therapy for Mixed Anxiety and Depression for Healthcare Workers on Disability Leave. *Journal of Occupational and Environmental Medicine, October 2021 - Volume 63 - Issue 10 - p 865-874* doi:10.1097/JOM.0000000000002248.
5. **Lau, M.A.**, & Davis, S. (2019). Evaluation of a cognitive behavior therapy program for BC primary care patients with mild to moderate depression with or without anxiety: Bounce Back, 2008-2014. *British Columbia Medical Journal, 61*, 25-32.
6. Söchting, I., **Lau, M.A.**, & Ogrodniczuk, J.S. (2017). Predicting Compliance in Group CBT using the Group Therapy Questionnaire. *International Journal of Group Psychotherapy, 68*, 184-94.
7. **Lau, M.A.**, Haigh, E., Christensen, B.K., Taube-Schiff, M., & Segal, Z.V. (2012). Evaluating the mood state dependence of automatic thoughts in remitted versus never depressed individuals. *Journal of Cognitive Psychotherapy, 26*(4), 381-9.
8. **Lau, M.A.**, Colley, L., Willett, B.R. & Lynd. L. (2012). An evaluation of employee stated preferences for access to Mindfulness-based Cognitive Therapy to reduce the risk of depressive relapse. *Mindfulness, 3*(4), 318-326.
9. Grabovac, A.D., **Lau, M.A.**, & Willett, B.R. Mechanisms of Mindfulness: A Buddhist Psychological Model. (2011). *Mindfulness, 2*(3), 154-166.

10. Ogrodniczuk, J.S., Piper, W.E., Joyce, A.S., **Lau, M.A.**, & Sochting, I. (2010). Survey of Canadian Group Psychotherapy Association Members' Perceptions of Psychotherapy Research. *International Journal of Group Psychotherapy*, *60*(2), 159-176.
11. **Lau, M.A.**, Ogrodniczuk, J., Joyce, A.S. & Sochting, I. (2010). Bridging the Practitioner Scientist Gap in Group Psychotherapy Research. *International Journal of Group Psychotherapy*, *60*(2), 177-196.
12. **Lau, M.A.**, & Yu, A.R. (2009). New developments in research on mindfulness-based treatments. *Journal of Cognitive Psychotherapy*, *23*(3), 179-184.
13. **Lau, M.A.**, & Grabovac, A.D. (2009). Does evidence support meditation in psychiatric practice? *Current Psychiatry*, *8*(12), 39-55.
14. Davis, K.M., **Lau, M.A.**, & Cairns, D.R. (2009). Development and preliminary validation of a trait version of the Toronto Mindfulness Scale. *Journal of Cognitive Psychotherapy*, *23*(3), 185-197.
15. Konarski, J.Z., Kennedy, S.H., Segal, Z.V., **Lau, M.A.**, Bieling, P.J., McIntyre, R.S., & Mayberg, H.S. (2009). Predictors of nonresponse to cognitive behavioural therapy or venlafaxine using glucose metabolism in major depressive disorder. *Journal of Psychiatry & Neuroscience*, *34*(3), 175-80.
16. **Lau, M.A.**, & Yu, A.R. (2009). Mindfulness-Based Cognitive Therapy Research: Past, Present & Future. *Revista de la Asociación de Psicoterapia de la República Argentina*, *3*(2).
17. Bradbury, C.L., Christensen, B.K., **Lau, M.A.**, Ruttan, L.A., Arundine, A.L., & Green, R.E. (2008). The efficacy of cognitive behaviour therapy in the treatment of emotional distress after acquired brain injury. *Archives of Physical Medicine and Rehabilitation*, *89*, Suppl 2, S61-S68.
18. McNeely, H.E., **Lau, M.A.**, Christensen, B.K., & Alain, C. (2008). Neurophysiological evidence of cognitive inhibition deficits in persons with major depressive disorder. *Clinical Neurophysiology*, *119*, 1578-1589.
19. **Lau, M.A.** (2008). New developments in psychosocial interventions for adults with unipolar depression. *Current Opinion in Psychiatry*, *21*, 30-36.
20. Anderson, N.D., **Lau, M.A.**, Segal, Z.V., & Bishop, S. R. (2007). Mechanisms of Mindfulness: Attentional Control. *Clinical Psychology and Psychotherapy*, *14*(6), 449-463.
21. **Lau, M.A.**, Christensen, B.K., Hawley, L.L., Gemar, M.C., & Segal, Z.V. (2007). Inhibitory deficits for negative information in Major Depressive Disorder. *Psychological Medicine*, *37* (9), 1249-1260.
22. Kennedy, S.H., Konarski, J.Z., Segal, Z.V., **Lau, M.A.**, Bieling, P.J., McIntyre, R.S., & Mayberg, H.S. (2007). Differences in glucose metabolism between responders to Cognitive Behavioral Therapy and Venlafaxine in a 16-week randomized controlled trial. *American*

Journal of Psychiatry, 164, 1-11.

23. **Lau, M.A.**, Bishop, S.R., Segal, Z.V., Buis, T., Anderson, N.D., Carlson, L., Shapiro, S., Carmody, J., Abbey, S., & Devins, G. (2006). The Toronto Mindfulness Scale: Development and Validation. *Journal of Clinical Psychology, 62*, 1445-1467.
24. **Lau, M.A.**, & McMain, S. (2005). Integrating Mindfulness Meditation with Cognitive Behavior Therapies: The challenge of combining acceptance and change based strategies. *Canadian Journal of Psychiatry, 50*, 863-869.
25. **Lau, M.A.** (2005). Mindfulness-based cognitive therapy: Integrating mindfulness, meditation and cognitive therapy to reduce depressive relapse risk. *Argentine Journal of Clinical Psychology, 15*, 7-15.
26. **Lau, M.A.** (2005). Adding cognitive therapy to minimal psychiatric care prevents short term, but not long term, relapse in people with bipolar disorder. *Evidence Based Mental Health, 8*, 102.
27. Goldapple, K., Segal, Z., Garson, C., **Lau, M.**, Bieling, P., Kennedy, S., & Mayberg, H. (2004). Modulation of Cortical-Limbic Pathways in Major Depression: Treatment Specific Effects of Cognitive Behavior Therapy. *Archives of General Psychiatry, 61*, 34-41.
28. **Lau, M.A.**, Segal, Z.V., & Williams, J.M.G. (2004). Teasdale's differential activation hypothesis: Implications for mechanisms of depressive relapse and suicidal behaviour. *Behaviour Research and Therapy, 42*, 1001-1017.
29. **Lau, M.A.**, Dubord, G., & Parikh, S. (2004). Effective Cognitive Therapy Education: A Pilot Study using a longitudinal interactive format. *Canadian Journal of Psychiatry, 49*, 696-700.
30. Bishop, S. R., **Lau, M.A.**, Shapiro, S., Carlson, L., Anderson, N.D., Carmody, J., Segal, Z.V., Abbey, S., Speca, M., Velting, D., & Devins, G. (2004). Mindfulness: A Proposed Operational Definition. *Clinical Psychology: Science and Practice, 11*, 230-241.
31. Teasdale, J.D., Segal, Z.V., Williams, M.G., Ridgeway, V.A., Soulsby, J.M., & **Lau, M.A.** (2000). Prevention of relapse/recurrence in Major Depression by Mindfulness-based Cognitive Therapy. *Journal of Consulting and Clinical Psychology, 68*, 615-623.
32. **Lau, M.A.**, Gemar, M., & Segal, Z.V. (2000). Clarifying the role of interpersonal factors in depression chronicity from a cognitive perspective. *Clinical Psychology: Science and Practice, 7*, 228-232.
33. Pihl, R.O., **Lau, M.A.**, & Assaad, J.M. (1997). Aggressive disposition, alcohol and aggression. *Aggressive Behavior, 23*, 11-18.
34. **Lau, M.A.**, & Pihl, R.O. (1996). Cognitive performance, monetary incentive, and aggression. *Aggressive Behavior, 22*, 417-430.
35. **Lau, M.A.**, Peterson, J.B. & Pihl, R.O. (1995). Provocation, acute alcohol intoxication, cognitive

performance, and aggression. *Journal of Abnormal Psychology*, 104, 150-155.

36. **Lau, M.A.**, & Pihl, R.O. (1994). Alcohol and the Taylor aggression paradigm: A repeated measures study. *Journal of Studies on Alcohol*, 55, 701-706.
37. Pihl, R.O., Peterson, J.B. & **Lau, M.A.** (1993). A biosocial model of the alcohol-aggression relationship. *Journal of Studies on Alcohol, Suppl. 11*, 128-139.
38. **Lau, M.A.**, & Pihl, R.O. (1993). Taylor paradigm and repeated measures: A technical note. *Canadian Psychology*, 34, 227.
39. **Lau, M.A.**, Pihl, R.O. & Peterson, J.B. (1992). Alcohol, frontal lobe functioning, and aggression. *Pharmacology, Biochemistry, and Behavior*, 42, 376.
40. Cooper, E., & **Lau, M.** (1986). Factors affecting the expression of acetylcholine receptors on rat sensory neurons in culture. *Journal of Physiology*, 377, 409-420.

OTHER PUBLICATIONS:

1. **Lau, M.A.** (2016). Can cultivating a mode of non-doing do anything for you? *Visions Journal*, 12, 5.
2. **Lau, M.A.** & Fikowski, J. (2012). Bounce Back: Reclaim Your Health: A telephone-supported, cognitive behaviour therapy-based self-help program for primary care patients with mild-moderate depression. *Psynopsis*, 34(4), 28, 30.
3. **Lau, M.A.** (2009). The time is now: Let's improve access to CBT Services in BC. *Visions Journal*, 6, 4-5.
4. Livingston, J., **Lau, M.A.**, Escudero, D. et al. (2009). Cognitive-behavioural therapy for adults with mental health problems: Working to improve access in BC. *Visions Journal*, 6, 25-26.
5. **Lau, M.A.** (2009). Bounce Back: Reclaim Your Health-Creating community-based self-help strategies to improve the mental health of people with chronic health conditions. www.thefirstcanadianhealthconference.ca
6. **Lau, M.A.** & Munro, M. (2008). "Promoting Mentally Healthy Communities in the Workplace" in Canadian Institute for Health Information, ed., *Mentally Healthy Communities: A Collection of Papers (Ottawa, Ont.: Canadian Institute for Health Information, 2008)*.
7. **Lau, M.A.**, Livingston, J., & Furlong, A. (2008). Provincial Cognitive Behavioural Therapy (CBT) Service Framework. Prepared for the BC Ministry of Health.

8. **Lau, M.A.** (2008). Mindfulness-Based Cognitive Therapy as a Relapse Prevention Approach to Depression. www.thefirstcanadianhealthcareconference.ca
9. **Lau, M.A.** (2007). Depression. In *Treatment of Mental Health Problems, Substance Use Problems and Concurrent Disorders: A summary of published guidelines*. Background Paper No. 5, British Columbia Mental Health Project, (pp. 24-27). Prepared for the BC Ministry of Health.
10. **Lau, M.A.** (2007). Anxiety Disorders. In *Treatment of Mental Health Problems, Substance Use Problems and Concurrent Disorders: A summary of published guidelines*. Background Paper No. 5, British Columbia Mental Health Project, (pp. 28-31). Prepared for the BC Ministry of Health.

BOOKS:

1. J. Bennett-Levy, D. Richards, P. Farrand, H. Christensen, K. Griffiths, D. Kavanagh, B. Klein, M. Lau, J. Proudfoot, L. Ritterband, J. White, & C. Williams (Eds.) (2010). *The Oxford Guide to Low Intensity CBT Interventions*. Oxford: Oxford University Press.

BOOK CHAPTERS:

1. Haigh E.A.P., Valö L., Bosma C.M., **Lau M.A.** (2022) Toronto Mindfulness Scale (TMS): State Version. In: Medvedev O.N., Krägeloh C.U., Siegert R.J., Singh N.N. (eds) *Handbook of Assessment in Mindfulness Research*. Springer, Cham. https://doi.org/10.1007/978-3-030-77644-2_16-1
2. Valö L., Haigh E.A.P., Bosma C.M., **Lau M.A.** (2022) Toronto Mindfulness Scale (TMS): Trait Version. In: Medvedev O.N., Krägeloh C.U., Siegert R.J., Singh N.N. (eds) *Handbook of Assessment in Mindfulness Research*. Springer, Cham. https://doi.org/10.1007/978-3-030-77644-2_17-1
3. Willett, B. & **Lau, M.A.** (2015). Clinical Perspectives: Mindfulness-based Cognitive Therapy and Mood Disorders. In B. Ostafin et al., (Eds.), *Handbook of mindfulness and self-regulation*. New York, NY: Springer.
4. **Lau, M. A.** (2015). Mindfulness Based Cognitive Theory. In P. L. Fisher & A. Wells (Eds.), *Treating Depression: Principles and Practice of CBT, MCT and Third Wave Therapies*. Chichester, UK: John Wiley & Sons.
5. **Lau, M. A.** (2010). Mindfulness-based cognitive therapy: a low intensity group program to prevent depressive relapse. In J. Bennett-Levy, D. Richards, P. Farrand, H. Christensen, K. Griffiths, D. Kavanagh, B. Klein, M. Lau, J. Proudfoot, L. Ritterband, J. White, & C. Williams (Eds.), *The Oxford Guide to Low Intensity CBT Interventions*, 407-414. Oxford: Oxford University Press.
6. **Lau, M. A.** (2010). Problems and Potentials in Rolling out Low Intensity CBT in Rural Communities. In J. Bennett-Levy, D. Richards, P. Farrand, H. Christensen, K. Griffiths, D. Kavanagh,

B. Klein, M. Lau, J. Proudfoot, L. Ritterband, J. White, & C. Williams (Eds.), *The Oxford Guide to Low Intensity CBT Interventions*, 559-565. Oxford: Oxford University Press.

7. Mynors-Wallis, L., & **Lau, M. A.** (2010). Problem solving therapy for depression. In J. Bennett-Levy, D. Richards, P. Farrand, H. Christensen, K. Griffiths, D. Kavanagh, B. Klein, M. Lau, J. Proudfoot, L. Ritterband, J. White, & C. Williams (Eds.), *The Oxford Guide to Low Intensity CBT Interventions*, 151-158. Oxford: Oxford University Press.
8. **Lau, M. A.**, Farrand, P. & Willett, B. (2010). Introduction to Section 2B: Key Low Intensity CBT Interventions in Depression and Anxiety. In J. Bennett-Levy, H. Christensen, P. Farrand, K. Griffiths, D. Kavanagh, B. Klein, M. Lau, J. Proudfoot, D. Richards, L. Ritterband, J. White, & C. Williams (Eds.), *The Oxford Guide to Low Intensity CBT Interventions*, 137-139. Oxford: Oxford University Press.
9. **Lau, M. A.**, Bennett-Levy, J. & Willett, B. (2010). Intro to Section 2F: Stepping Further Outside the Box: Extending the Environments for Low Intensity CBT Interventions. In J. Bennett-Levy, H. Christensen, P. Farrand, K. Griffiths, D. Kavanagh, B. Klein, M. Lau, J. Proudfoot, D. Richards, L. Ritterband, J. White, & C. Williams (Eds.), *The Oxford Guide to Low Intensity CBT Interventions*, 311-312. Oxford: Oxford University Press.
10. Taube-Schiff, M., & **Lau, M. A.** (2008). Major depressive disorder. In M. Hersen & J. Rosqvist (Eds.), *Handbook of assessment, conceptualization, and treatment, Vol. 1.*, 13, (pp.319-351). Hoboken, NJ: John Wiley & Sons.
11. **Lau, M.A.**, & Segal, Z.V. (2007). Mindfulness Based Cognitive Therapy as a relapse prevention approach to depression. In Witkiewitz, K. & Marlatt, A. (Eds.) *Evidence-based relapse prevention*, 73-90. Oxford, UK: Elsevier press.
12. **Lau, M.A.**, & Segal, Z.V. (2002). Mood Disorders and Suicide. In W.L. Marshall & P. Firestone (Eds.) *Abnormal Psychology: Perspectives*, 312-342. Scarborough, ON: Prentice Hall Allyn and Bacon Canada.
13. **Lau, M.A.**, Segal, Z.V., & Zaretsky, A.E. (2002). Basic Tools: Cognitive-Behavioral Therapies for the Medical Clinic. In D. Moss, I.W. Wickramasekera, T.D. Davies & A. McGrady (Eds.) *Handbook of Mind-Body Medicine for Primary Care*, 167-179. Thousand Oaks, California: Sage Publications, Inc.
14. Segal, Z.V., **Lau, M.A.**, & Rokke, P.D. (1999). Application of cognition and emotion research to the cognitive therapies. In T. Dalgleish & M.J. Power (Eds.) *The Handbook of Cognition and Emotion*, 705 – 726. Chichester: John Wiley & Sons Ltd.

BOOK REVIEWS PUBLISHED:

1. **Lau, M.A.** (2004). Beating the Blues: New approaches to overcoming dysthymia and chronic mild depression. Thase, M.E., & Lang, S.S. New York, NY: Oxford University Press. 2004. *Crosscurrents: The Journal of Addiction and Mental Health*, 7(4), 18.
2. **Lau, M.A.**, & Segal, Z.V. (2003). Depression in Context: Strategies for Guided Action. Martell, C.R., Addis, M.E., & Jacobson, N.S. New York, NY: W.W. Norton. 2001. *Journal of*

Cognitive Psychotherapy, 17, 94-97.

ABSTRACTS:

1. Bosma, C.M., Raugh, I.M., Delcourt, M., Haigh, E.A.P., Moore, M.T. & Lau, M.A. (2017, November). Evaluation of LEIDS-RR measure of cognitive reactivity as a predictor of depressive symptoms and risk of relapse. Poster presentation Association for Behavioral and Cognitive Therapies Annual Convention, San Diego, CA.
2. Bosma, C.M., Ruagh, I., Quiñones, V., Haigh, E.A.P, Moore, M.T., & **Lau, M.A.** (2016, October). Mood reactivity predicts relapse and depressive symptoms change following Mindfulness-based Cognitive Therapy. Poster presented at the ABCT Annual Convention, New York City, NY.
3. Bosma, C.M., Haigh, E.A.P, Moore, M.T., & **Lau, M.A.** (2016, August). How does mindfulness-based cognitive therapy impact risk for depression? Using multilevel modeling to examine treatment-related changes in cognitive reactivity. Poster presented at the American Psychological Association Annual Convention, Denver, CO.
4. **Lau, M.A.**, Gounder, N., Prostack, M., Gutray, B., & Morgan, M. (2010). An Evaluation of Telephone-Supported Cognitive Behaviour Therapy-based Self-Help for Primary Care Patients with Mild-Moderate Depression. Poster presented at the ABCT Annual Convention, San Francisco, CA.
5. Davis, K. M., Baillie, A.J., Foley, E., Taylor, A., Cairns, D. R., **Lau, M.A.**, & Goddard, T. (2010). A longitudinal mediation model of the mechanisms of change within a mindfulness-based stress reduction program. Poster presented at the VIth World Congress of Behavioural and Cognitive Therapies, Boston, MA.
6. Lipsky, N., Fairbrother, N., Young, A. H., **Lau, M.**, Janssen, P., Antony, M. M. & von Dadelszen, P. (2010). Perinatal anxiety disorder prevalence study. Paper presented at the meeting of the Anxiety Disorders Association of Canada, Vancouver, BC.
7. **Lau, M.A.**, Gounder, N., Prostack, M., McEwan, K., Gutray, B., Morgan, M (February, 2010). Telephone Supported CBT Self-Help for Mild to Moderate Depression. Poster presented at the *What's Up Doc? – AFPRN Research Workshops and Poster Presentation* at the Alberta College of Family Physicians' (ACFP) Annual Scientific Assembly, Banff, AB.
8. Lipsky, N., Fairbrother, N., Young, A. H., Antony, M. M., Janssen, P., Von Dadelszen, P., & **Lau, M.** (2010). Screening for anxiety and depression among new mothers: Implications for care in BC. Poster presented at the 18th Annual Western Perinatal Research Meeting, Banff, AB.
9. Lipsky, N., Fairbrother, N., Young, A. H., Janssen, P., Antony, M. M., **Lau, M.**, & von Dadelszen, P. (2010, January). *Perinatal Anxiety Screening Study*. Talk given at BC Children and Women's Hospital Multidisciplinary Obstetrical Rounds, Vancouver, BC.
10. McEwan, K., **Lau, M.A.**, Gutray, B., Prostack, M., & Morgan, M. (2009). BounceBack: Telephone supported CBT self-help for mild-moderate depression. Presented at the Into the Light 2009: Transforming Mental Health in Canada, Vancouver, BC.

11. Lipsky, N., Fairbrother, N., Young, A. H., Janssen, P., **Lau, M.**, & Mackay-Dunn, M. (2009). Postpartum mood disorders: Prevalence, comorbidity and risk factors. Poster presented at the Coast Capital Savings Depression Research Fund 8th Annual Charity Golf Tournament.
12. **Lau, M.A.**, & Yu, A.R. (2008). Using Mindfulness-based Cognitive Therapy to reduce cognitive reactivity-a risk factor of depressive relapse. Presented at the ABCT Annual Convention, Orlando, FL.
13. Bradbury, C. L., Mabruccho, R., Huth, J., Pano, E., **Lau, M.**, Walker, K., and McGillivray, C. (2008). The impact of a brief Cognitive-Behavioural Therapy intervention at improving Pain Perceptions, Emotional Wellness and quality of life in a Spinal Cord Injury population. *Published Abstract: Third National Spinal Cord Injury Conference and 16th Interurban Spinal Cord Injury Conference, November 2008.*
14. Arundine, A., Bradbury, C.L., Christensen, B.K. **Lau, M.A.**, Ruttan, L., & Green, R.E.A. (2008). Examination of maintenance of gains from a new cognitive behavioral therapy protocol for people with brain injury. *Archives of Physical Medicine and Rehabilitation*, October 2008 (Vol. 89, Issue 10, Page e35).
15. Bradbury, C., Ruttan, L., Christensen, B., Lau, M., **Green, R.E.A.** (2007). Impact of Phone CBT on Emotional Wellness in TBI. Peer-reviewed brief report published in conference proceedings of Festival of international conferences on caregiving, disability, aging and technology (FICCDAT), Toronto.
16. Kennedy, S.H., Konarski, J.Z., Segal, Z.V., **Lau, M.A.**, Bieling, P.J., McIntyre, R.S., & Mayberg, H.S. (2006). Differences in Glucose Metabolism between Responders to Cognitive Behavior Therapy and Venlafaxine XR in a 16-Week Randomized Controlled Trial. Presented at the American Psychiatric Association Annual Conference, Toronto.
17. Konarski, J.Z., Kennedy, S.H., Segal, Z.V., **Lau, M.A.**, Bieling, P.J., McIntyre, R.S., & Mayberg, H.S. (2006). Predicting Response to Antidepressant Treatment: An Evaluation of Pharmacotherapy and Psychotherapy with Glucose Positron Emission Tomography. Presented at the Biological Psychiatry Annual Conference, Toronto.
18. **Lau, M.A.**, Garson, C., & Segal, Z.V. (2005). Identifying the mechanisms underlying mindfulness-based cognitive therapy. Presented at the ABCT Annual Convention, Washington.
19. Christensen, B.K., McNeely, H.E., **Lau, M. A.** (2005). Anomalous neurophysiological responses underlying cognitive inhibition of negative but not neutral emotional words in persons with major depressive disorder. Presented at the Society for Research in Psychopathology, Coral Gables, Florida.
20. McNeely, H.E., Christensen, B.K., **Lau, M.**, Yu, H. & Alain, C. (2005). ERPs underlying Emotional Stroop performance in persons with Major Depression. Presented at the Society for Psychophysiological Research, Lisbon, Portugal.

21. Girard, T., Christensen, B., Rizvi, S., & **Lau, M.A.** (2004). General or specific memory impairment in schizophrenia? Presented at the Society for Research in Psychopathology, St. Louis, MI.
22. Bishop, S., **Lau, M.**, Segal, Z., Anderson, N., Abbey, S., Devins, G., Shapiro, S., Carlson, L., & Carmody, J. (2003). Development and Validation of the Toronto Mindfulness Scale. Presented at the Society for Psychotherapy Research, Weimar, Germany. Supported by CIHR Grant # 49612.
23. Bishop, S., **Lau, M.**, Anderson, N., Segal, Z., Shapiro, S., Carlson, L., Carmody, J., Devins, G., & Abbey, S. (2003). Measure of Mindfulness: Self-Report and Behavioural Methods. Presented at the American Psychological Association, Toronto, Canada. Supported by CIHR Grant # 49612.
24. Goldapple, K., Segal, Z.V., Garson, C., Bieling, P., **Lau, M.A.**, & Mayberg, H. (2002). Effects of CBT on brain glucose metabolism in patients with major depression. *Biological Psychiatry*, 51, 66S.
25. **Lau, M.A.**, Christensen, B.K., Hawley, L.L., Gemar, M.C., & Segal, Z.V (2000). Recovery of inhibitory skills among depressed outpatients following Cognitive Behaviour Therapy. Presented at the Society for Research in Psychopathology, Boulder, Colorado. Supported by MRC Grant # 14715.
26. Christensen, B.K., **Lau, M.A.**, Hawley, L.L., Gemar, M.C., & Segal, Z.V. (1999). Inhibitory deficits for negative information in Major Depressive Disorder. Presented at the Society for Research in Psychopathology, Montreal, QC. Supported by MRC Grant # 14715.
27. **Lau, M.A.**, & Bieling, P. (1998). Personality factors in Group versus Individual Cognitive Behaviour Therapy for Depression. Poster presented at the American Psychological Association (APA) Annual Convention, San Francisco, CA.
28. **Lau, M.A.**, & Boseovski, J. (1997). Neuropsychological mechanisms of cognition in Major Depression. Poster presented at APA Annual Convention, Chicago, IL
29. **Lau, M.A.**, & Pihl, R.O. (1996). Neuropsychological mechanisms of depressive cognition. Poster presented at APA Annual Convention, Toronto, ON.
30. **Lau, M.A.**, & Pihl, R.O. (1995). Cognitive functioning, inhibition and aggression. Poster presented at APA Annual Convention, New York City, NY.
31. Cooper, E., & **Lau, M.** (1984). Critical period in the development of ACh sensitivity of mammalian sensory neurons in culture. *Society of Neuroscience Abstracts*, Volume 10.

MANUSCRIPTS ACCEPTED FOR PUBLICATION:

1. Davis, K., Wojcik, C., Baillie, A., Foley, E., Goddard, T., Lau, M.A., Haigh, E. Mechanisms of mindfulness: A longitudinal study of a Mindfulness-based Stress Reduction program.

*Mindfulness.***MANUSCRIPTS IN PREPARATION:**

1. Miki A. **Lau, M.A.**, & Moradian, H. An Open Trial of Internet-based Cognitive Behavioural Therapy for Teachers on Short-term Disability.
2. **Lau, M.A.**, & Yu, A.R. Using Mindfulness-based Cognitive Therapy to reduce cognitive reactivity to sad mood - a risk factor of depressive relapse.
3. **Lau, M.A.**, McNeely, H.E., Christensen, B.K., & Alain, C. Neurophysiology of Cognitive Inhibition Deficits in persons with Major Depressive Disorder versus Specific Phobia.
4. **Lau, M.A.**, Ogrodniczuk, J., & Joyce, A.S. Laying the foundation for a group therapy practice research network.
5. Lynd. L., **Lau, M.A.**, Marra, C., & Sadatsavavi, M. Evaluating the Cost-Effectiveness and Economic Impact of Cognitive Behavioural Therapy (CBT) vs. Pharmacotherapy for British Columbia.
6. **Lau, M.A.**, Lancee, B., Sthankiya, B., & Segal, Z. V. Evaluating the specificity of the mechanisms of action of Mindfulness-based Cognitive Therapy.
7. **Lau, M.A.**, Grabovac, A.D., & Willett, B.R. Evaluating the feasibility of delivering Mindfulness-based Cognitive Therapy in group over the internet or individual face-to-face or via telephone in the workplace.
8. Davis, K., **Lau, M.A.**, Baillie, A.J., Taylor, A., Yu, A.R., & Willet, B.R. The psychometric properties of the Toronto Mindfulness Scale in clinical populations.

SYMPOSIA AND INVITED PRESENTATIONS:

1. 2016 So you are thinking of using mindfulness meditation with your clients? How to introduce and support mindfulness meditation in therapy. **M.A. Lau.** A 2-hour Master Clinician Workshop presented at the 77th Annual Canadian Psychological Association Conference, Victoria, BC.
2. 2015 Clinical Roundtable: Dissemination of Behavioral Therapies in Canada. Panelists Sanjay Rao, **Mark Lau**, Trevor Hart, and Shannon Wiltsey Stirman. Presented at the 49th Annual Conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
3. 2014 How can cultivating a mode of 'non-doing' do anything? Mechanisms of mindfulness: A Buddhist Psychological Model. **M.A. Lau.** A keynote presentation at the British Association for Behavioural and Cognitive Psychotherapies Spring Conference, London, England.
4. 2014 Can cultivating 'non-doing' do anything for me: An overview of mindfulness meditation. **M.A. Lau.** Wellness @ Work: Incorporating Health Promotion into the Workplace, Vancouver,

BC.

5. 2013 Evaluating cognitive reactivity and specificity of other mechanisms of action underlying the efficacy of Mindfulness-based Cognitive Therapy. **Lau, M.A.**, Willett, B.R., & Yu, A.R. Paper presented as part of a symposium entitled “Elucidating mechanisms and moderators of meditation-enriched treatments at the confluence of CBT, affective science, and contemplative practice” at the 47th Annual Conference of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
6. 2013 Evaluating a skill-building, telephone-coaching, self-management program for primary care patients with depressive symptoms. **Lau, M.A.**, Prostack, M., & Albert, G. Paper presented as part of a symposium entitled “Increasing access and capacity to deliver CBT: Online- and book-based research and practice” at the 47th Annual Conference of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
7. 2013 Is Mindfulness-based Cognitive Therapy (MBCT) the same as relaxation? Evaluating the specificity of MBCT’s mechanisms of action. **Lau, M.A.** & Willett, B. Paper presented at The 1st International Conference on Mindfulness (ICM), Sapienza University of Rome, Italy.
8. 2013 Employees’ stated preferences for, and the feasibility of delivering, Mindfulness-based Cognitive Therapy via group (in-person, over the internet) or individual (in-person, via telephone). **Lau, M.A.**, Grabovac, A., & Willett, B. Paper presented at The 1st International Conference on Mindfulness (ICM), Sapienza University of Rome, Italy.
9. 2013 Nurturing the professional development of MBCT instructors: The experience of a 4 year supervision group in Vancouver, Canada. Grabovac, A., & **Lau, M.A.** Paper presented at The 1st International Conference on Mindfulness (ICM), Sapienza University of Rome, Italy.
10. 2013 Mechanisms of Mindfulness: A focus on graduate student contributions to the literature. Discussant for symposium presented at the 74th annual convention of the Canadian Psychological Association, Quebec City, Canada.
11. 2013 Bounce Back: Reclaim your Health-A Cognitive-Behavioural Self-Help Telephone-Coaching Program for Adults with Mild to Moderate Depression. **Lau, M.A.** Paper presented as part of a symposium entitled “Past President’s Panel: Lessons Learned in Using Technology to Facilitate the Delivery of Cognitive Behaviour Therapy” at the 3rd annual conference of the Canadian Association of Cognitive and Behavioural Therapies, Montreal, Canada.
12. 2013 Increasing Access to CBT for Depression in British Columbia. **Lau, M.A.** Paper presented as part of a symposium entitled “Increasing Access to Cognitive-Behavioural Treatment in Canada: Bridging the Gap between the Bench and the Clinic” at the 3rd annual conference of the Canadian Association of Cognitive and Behavioural Therapies, Montreal, Canada.
13. 2012 Important considerations in delivering CBT using technology. Presentation delivered at the e-Therapy Think Tank Meeting, Mental Health Commission of Canada.
14. 2012 Bounce Back: Reclaim your Health: A skills-building self-help program with cognitive-

behavioural resources & telephone-coaching sessions for primary care patients with mild-moderate depression. **Lau, M.A.** Paper presented as part of a symposium entitled “Feasibility and effectiveness of self-care interventions for mental health disorders in primary care: trends and challenges” at the 13th Canadian Collaborative Mental Healthcare Conference, Vancouver, Canada.

15. 2011 Mindfulness-Based Cognitive Therapy and the Prevention of Depression. Clinical Grand Rounds, presented at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
16. 2011 Bounce Back: Reclaim your Health – A new province wide, telephone-supported, CBT-based self-help program for primary care patients with mild to moderate depression. **M.A. Lau & C. Williams.** Spotlight Presentation, presented at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
17. 2011 An Evaluation of Telephone-Supported Cognitive Behaviour Therapy-based Self-Help for Primary Care Patients with Mild-Moderate Depression. **Lau, M.A.,** Prostack, M., & Albert, G. Paper presented as part of a symposium entitled “New Developments to Increase Access to CBT for Primary Care Patients with Depression” at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
18. 2011 Evaluating the feasibility of delivering Mindfulness-based Cognitive Therapy in group over the internet or individual face-to-face or via telephone in the workplace. **Lau, M.A.,** Grabovac, A., Willett, B. Paper presented as part of a symposium entitled "Disseminating Mindfulness-Based Interventions in the Workplace: Using the Internet or Telephone to Increase Access to Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction" at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
19. 2011 Transporting CBT From the Research Clinics to the Providers and Consumers Who Want and Need Them: What We Have Done and What We Still Need to Do. Panelist for Panel Discussion at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
20. 2011 Evaluating the relationship between mindfulness practice and levels of mindfulness and psychological outcomes in Mindfulness-based Cognitive Therapy. **Lau, M.A., & Yu, A.R.** Paper presented as part of a symposium entitled "The Role of Meditative Practice in Mindfulness Based Treatment for Depression" at the 45th Annual Conference of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
21. 2011 Clinical Roundtable: Complex cases. Panelist for Clinical Roundtable 39th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, Surrey, England, UK.

22. 2011 Bounce Back: Reclaim your Health – A Telephone Supported Cognitive Behaviour Therapy Based Self-Help Program for Primary Care Patients with Mild-Moderate Depression. **Lau, M.A.**, Prostack, M., Albert, G., Spence, L. Paper presented as part of a symposium entitled “Recent Advances in CBT Self-help Delivery” at the 39th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, Surrey, England, UK.
23. 2011 Increasing Access to CBT for Depression: A Research Update. **Lau, M.A.** Paper presented at the Annual Department of Psychiatry Research Day, Vancouver, BC
24. 2011 Evaluating the Cost-Effectiveness and Economic Impact of Cognitive Behavioural Therapy versus Pharmacotherapy for British Columbia. Lynd, L., Sadatsafavi, M., **Lau, M.**, & Marra, C. Paper presented as part of a symposium entitled “Evidence-Based Cost Savings” at the Canadian Agency for Drugs and Technologies in Health Symposium, Vancouver, Canada.
25. 2010 Mindfulness-based Cognitive Therapy for the prevention of depressive relapse in the workplace. **Lau, M.A.**, Grabovac, A., & Willett, B. Paper presented as part of a symposium entitled “Mental Health in the Workplace: An Initiative of the Great West Life Innovation Fund of the FCPA” at the 60th Canadian Psychiatric Association Annual Conference, Toronto, Canada.
26. 2010 Evaluation of Telephone Supported Cognitive Behaviour Therapy Self-Help for Primary Care Patients with Mild-Moderate Depression. **Lau, M.A.**, Gounder, N., Prostack, M., McEwan, K., Gutray, B., Morgan, M. Paper presented at the CPCN Quarterly Family Summit, Lethbridge, AB.
27. 2010 Davis, K. M., Baillie, A.J., Foley, E., Taylor, A., Cairns, D. R., **Lau, M.A.**, & Goddard, T. Mindfulness and the mechanisms of change: A longitudinal study of a mindfulness-based stress reduction program. Paper presented as part of a symposium entitled “Mindfulness-based interventions: Recent findings, mechanisms of action, and future directions” at the VIth World Congress of Behavioural and Cognitive Therapies June 2-5, 2010 Boston.
28. 2010 Mindfulness-based Cognitive Therapy: A Clinical Update. **Lau, M.A.** President’s Invited Address, Anxiety Disorders Association of Canada, Scientific and Academic Conference, Vancouver, Canada.
29. 2010 Evaluation of Telephone Supported Cognitive Behaviour Therapy Self-Help for Primary Care Patients with Mild-Moderate Depression. **Lau, M.A.**, Gounder, N., Prostack, M., McEwan, K., Gutray, B., Morgan, M. Paper presented at the Primary Care Initiative Forum, Calgary, AB.
30. 2010 An Evaluation of Telephone Supported Cognitive Behaviour Therapy Self-Help for Primary Care Patients with Mild-Moderate Depression. **Lau, M.A.**, Gounder, N., Prostack, M., McEwan, K., Gutray, B., Morgan, M. Paper presented at the *What’s Up Doc? – AFPRN Research Workshops and Poster Presentation* at the Alberta College of Family Physicians’ (ACFP) Annual Scientific Assembly, Banff, AB.
31. 2009 Evaluating the specificity of the mechanisms of action of Mindfulness-based Cognitive Therapy. **Lau, M.A.**, Lancee, W., Sthankiya, B., Yu, A.R., Segal, Z.V. Paper presented as part of a symposium entitled “How Does Mindfulness Training Reduce Rumination? An Examination of Potential Mechanisms” at the Association for Behavioral and Cognitive Therapies, New York,

NY.

32. 2009 Mindfulness-based Cognitive Therapy vs. relaxation to reduce cognitive reactivity-a risk factor of depressive relapse. **Lau, M.A.**, Lancee, W., Sthankiya, B., Yu, A.R., Segal, Z.V. Paper presented as part of a symposium entitled “Reactivity: Toward a Greater Understanding of This Universal Process in Relation to Vulnerability and Treatment Durability” at the Association for Behavioral and Cognitive Therapies, New York, NY.
33. 2009 Community based self-help strategies to improve the mental health of people with chronic health conditions. **Lau, M.A.**, McEwan, K., & Gutray, B. Paper presented as part of a symposium entitled “Building the case for mental health and wellness promotion” at the Expanding our Horizons: Moving Mental Health and Wellness Promotion into the Mainstream, Toronto, ON.
34. 2009 Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse. **Lau, M.A.** Invited Colloquium, Psychology Department, University of Calgary, AB.
35. 2008 Design and Feasibility of a New Cognitive-Behavioural Therapy Course Using a Longitudinal Interactive Format. **Lau, M.A.**, Dubord, G., & Parikh, S.V. Paper presented as part of a symposium entitled “New developments to increase consumer access to CBT” at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
36. 2008 New developments in large scale CBT dissemination programs: What we know and what we still have to learn. Panelist for Panel Discussion at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
37. 2008 Should I bother to meditate between MBSR classes? The importance of homework compliance in mindfulness-based stress reduction. Discussant for symposium presented at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
38. 2008 Mindfulness-based Psychotherapies: A Review of Conceptual Foundation and Empirical Evidence. **Lau, M.A.** 4th Annual Richmond Hospital Department of Psychiatry Clinical Day 2008. Vancouver Coastal Health-Richmond Hospital.
39. 2008 Use of Cognitive Behavioral Therapy in Complex Mood Disorders: Adjusting practice to address comorbid personality factors. **Lau, M.A.** University of Calgary, Faculty of Medicine Mood Day: Treatment of Challenging Mood Disorders. Calgary, AB.
40. 2007 Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse. **Lau, M.A.** Alberta Mental Health Showcase, Banff, AB.
41. 2007 Creating New Possibilities within the Partnership of Clinicians and Researchers. Ogrodniczuk, J., Sochting, I., **Lau, M.**, & Joyce, A. Research Keynote Event, Canadian Group Psychotherapy Association Annual Convention, Toronto, ON.
42. 2006 Mindfulness-Based Stress Reduction and Attentional Control. **Lau, M.A.**, Anderson, N.D., Segal, Z.V., & Bishop, S.R. Paper presented as part of a symposium entitled “Mindfulness-Based Interventions: New Developments on Possible Mechanisms of Change” at the Association for

Behavioral and Cognitive Therapies, Chicago, IL.

43. 2004 Development and Validation of the Toronto Mindfulness Scale. Invited colloquium, Integrating Mindfulness-based interventions into medicine, health care, and society. 2nd Annual Conference for Clinicians, Researchers and Educators, Worcester, MA.
44. 2003 Inhibitory Deficits in Persons with Major Depressive Disorder: Risk factor or correlate? **Lau, M.A.**, Christensen, B.K., Haigh, E., & Segal, Z.V. Paper presented as part of a symposium entitled "Cognitive Vulnerability to Depression: Data from Studies Using Mood Induction" at AABT Annual Convention, Boston, MA.
45. 2003 Mindfulness-based Cognitive Therapy and Prevention of Relapse in Major Depression. **Lau, M.A.** Workshop entitled "Integrating Mindfulness Meditation with Cognitive-Behavior Therapies" presented at the Society for Exploration in Psychotherapy Integration Annual Conference, New York, N.Y.
46. 2001 Prevention of Relapse/Recurrence in Major Depression by Mindfulness-Based Cognitive Therapy. **Lau, M.A.** Paper presented as part of a symposium entitled "Integrating spirituality into cognitive and behavioral therapies: An empirical approach." at the World Congress of Behavioral and Cognitive Therapies, Vancouver, BC.
47. 2000 Inhibitory deficits in persons with major depressive disorder: Risk factor of correlate? Invited Colloquium, Psychology Department, North Dakota State University, Fargo, North Dakota.
48. 2000 Mindfulness-based Cognitive Therapy: A new treatment for preventing depressive relapse/recurrence. Invited Colloquium, Psychology Department, Simon Fraser University, Vancouver, BC.
49. 1999 Inhibitory deficits for negative information in Major Depression. **Lau, M.A.**, Christensen, B.K., Hawley, L.L., Gemar, M.C., & Segal, Z.V. Paper presented at the AABT Annual Convention, Toronto, ON.
50. 1999 The Clinical Use of Mindfulness Meditation. Ontario Psychological Association Convention, Toronto, ON.
51. 1999 The Role of Inhibitory Control in Depressive Cognition. Invited Colloquium, Psychology Department, York University, Toronto, ON.
52. 1998 Attentional Control Training: A New Treatment for the Prevention of Depressive Relapse. Clinical Rounds, Psychology Dept., University of Waterloo, Waterloo, ON.
53. 1996 Attentional Control Training: A New Treatment for the Prevention of Depressive Relapse. Canadian Network of Mindfulness Based Stress Reduction Trainers, Annual Conference, Peterborough, ON.

CONTINUING MEDICAL EDUCATION COURSES, EDUCATION AND TRAINING SERVICES

1. 2014–2019 **MBCT Longitudinal Consultation Course.** Lau, M.A. & Grabovac, A. A monthly 2 hour meeting to provide supervision to clinicians in MBCT; October-June.
2. 2017 **Mindfulness-based cognitive therapy: Introducing MBCT in your clinical work.** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, University of British Columbia, Vancouver, BC.
3. 2017 **How to introduce and support mindfulness meditation in therapy.** Lau, M.A. Clinical Psychology Centre, Simon Fraser University - A 1.5 hour lecture for the Psychology interns and staff.
4. 2016 **Mindfulness-based cognitive therapy: Introducing MBCT in your clinical work.** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, University of British Columbia, Vancouver, BC.
5. 2016 **Can cultivating a mode of ‘non-doing’ do anything for you? Mindfulness-based cognitive therapy to prevent physician burnout.** M.A. Lau. A 2.5-hour workshop for family physicians. Vancouver Division of Family Practice, Vancouver, BC.
6. 2016 **Mindfulness-based cognitive therapy: Introducing MBCT in your clinical work.** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, University of British Columbia, Vancouver, BC.
7. 2015 **Can cultivating a mode of ‘non-doing’ do anything for you? Mindfulness-based cognitive therapy to prevent physician burnout.** M.A. Lau. A 2.5-hour workshop for family physicians. Vancouver Division of Family Practice, Vancouver, BC.
8. 2015 **Mindfulness-based cognitive therapy.** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, University of British Columbia, Vancouver, BC.
9. 2015 **Mindfulness-based Cognitive Therapy: From Theory to Practice.** Vancouver Coastal Health-A 2 hour lectures to PGY3 Psychiatry residents.
10. 2015 **Mindfulness-based cognitive therapy.** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, University of British Columbia, Vancouver, BC.
11. 2009–2014 **MBCT Supervision Group.** Lau, M.A. & Grabovac, A. A monthly 2 hour meeting to provide supervision to clinicians in MBCT; October-June.
12. 2014 **How can cultivating a mode of 'non-doing' do anything for me? An introduction to mindfulness meditation.** M.A. Lau. A 1-hour introductory lecture to UBC Internal Medicine Residents to support resident wellness.
13. 2014 **Mindfulness-based cognitive therapy: Can cultivating ‘non-doing’ help your patients?** M.A. Lau. A 6-hour workshop for mental health professionals. UBC Continuing Studies, Robson Square, Vancouver, BC.
14. 2014 **Mindfulness-based Cognitive Therapy: From Theory to Practice.** Vancouver Coastal Health-A 2 hour lectures to PGY2 Psychiatry residents.

15. 2014 **Mindfulness-Based Cognitive Therapy: Can cultivating 'non-doing' do anything for your patients? M.A. Lau.** A 1-hour introductory lecture presented twice at 'Hot Topics and Practical Approaches in Mental Health' hosted by UBC Continuing Professional Development, Faculty of Medicine, Vancouver, BC.
16. 2014 **Mindfulness-Based Cognitive Therapy: Can cultivating a mode of 'non-doing' do anything for patients?** A 1.5-hour introductory lecture presented to the UBC Psychology Department, Vancouver, BC.
17. 2014 **How can cultivating a mode of 'non-doing' do anything for me? An introduction to mindfulness meditation. M.A. Lau.** A 1-hour introductory lecture and five 1.5 hour workshops presented to UBC Internal Medicine Residents to support resident wellness.
18. 2013 **Mindfulness-based Cognitive Therapy: New Developments in Theory and Practice. M.A. Lau.** A 6-hour workshop for mental health professionals. UBC Continuing Studies, Robson Square, Vancouver, BC.
19. 2013 **An Introduction to Mindfulness Meditation.** A 1-hour presentation to coaches of the Bounce Back: Reclaim your health program.
20. 2013 **Mindfulness-Based Cognitive Therapy.** Vancouver Coastal Health-A 2 hour lectures to PGY2 Psychiatry residents.
21. 2012 **Overcoming depression, anxiety and low mood in people with physical health problems.** A 3-day workshop to train paraprofessionals how to provide telephone support for the Bounce Back: Reclaim your health program. Offered in June and October, 2008; February, 2009; and, June 2010.
22. 2012 **Increasing Access to CBT for Depression: A Research Update.** Vancouver Coastal Health- A 1 hour lecture to PGY4 Psychiatry residents.
23. 2012 **An Introduction to Mindfulness-based Cognitive Therapy.** Clinical Psychology Centre, Simon Fraser University - A 1.5 hour lecture for the Psychology interns and staff.
24. 2012 **An Introduction to Mindfulness-based Cognitive Therapy.** Vancouver Coastal Health- A 1.5 hour lecture for the Psychology interns and staff.
25. 2011 **Increasing Access to CBT for Depression: A Research Update.** Vancouver Coastal Health- A 1 hour lecture to PGY4 Psychiatry residents.
26. 2011 **Mindfulness-based Cognitive Therapy, Part A & B. Lau, M.A. & Grabovac, A.** A 6 hour workshop presented over two days at the 61st Annual Canadian Psychiatric Association Conference, Vancouver, BC, Canada.
27. 2011 **Mindfulness-Based Cognitive Therapy.** Vancouver Coastal Health-Two 2 hour lectures to PGY2 Psychiatry residents.

28. 2011 **Mindfulness-based Cognitive Therapy: A Clinical Update.** Psychiatry Grand Rounds, Royal Columbian Hospital.
29. 2010 **Mindfulness-based Interventions: A Clinical Update.** Vancouver Coastal Health- A 1 hour lecture to PGY4 Psychiatry residents.
30. 2010 **Mindfulness-based Cognitive Therapy, Part A & B.** Lau, M.A. & Grabovac, A. A 6 hour workshop presented over two days at the 60th Annual Canadian Psychiatric Association Conference, Toronto, ON, Canada.
31. 2010 **Mindfulness-based Cognitive Therapy.** Two 3 hour workshops for mental health clinicians presented at the 18th Annual David Berman Concurrent Disorders Conference, Vancouver, BC.
32. 2010 **Mindfulness-Based Cognitive Therapy.** Vancouver Coastal Health-Two 2 hour lectures to PGY2 Psychiatry residents.
33. 2010 **Evaluation of Telephone Supported Cognitive Behaviour Therapy Self-Help for Primary Care Patients with Mild-Moderate Depression.** Mood Disorders Clinic Rounds, Department of Psychiatry, University of British Columbia.
34. 2009 **An introduction to Mindfulness Based Cognitive Therapy in the Prevention of Relapse in Depression.** Neurosciences and Clinical Advances in Psychiatry: A new continuing professional development series for psychiatrists. Canadian Psychiatric Association, Vancouver, BC.
35. 2009 **The BC Cognitive Behaviour Therapy Network: Increasing Adult Consumer Access to Psychological Services in BC.** Academic Grand Rounds, Child & Adolescent Psychiatry, BC Children's Hospital.
36. 2009 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Vancouver Coastal Health-Lecture to PGY4 Psychiatry residents.
37. 2009 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Vancouver Coastal Health-Lecture to PGY2 Psychiatry residents. Two lectures.
38. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Vancouver Coastal Health-Lecture to PGY4 Psychiatry residents.
39. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Mood Disorders Rounds, Department of Psychiatry, UBC.
40. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Vancouver Coastal Health-Lecture to PGY2 Psychiatry residents.
41. 2007 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major**

- Depression.** Vancouver Coastal Health-Midtown Mental Health Team, In-service.
42. 2007 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Vancouver Coastal Health-Lecture to PGY4 Psychiatry residents.
 43. 2007 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Grand Rounds, Department of Psychiatry, Vancouver Coastal Health-Richmond Hospital.
 44. 2007 **Intermediate Cognitive Therapy Course.** A 3-day workshop designed as a follow-up to the Summer Training Institute to provide in-depth skills training to mental health professionals.
 45. 2006 **Advanced Cognitive Therapy Course: Supervised Applications.** A practical, hands-on 10-week program designed to provide in-depth skills training to family physicians.
 46. 2004, Spring & Fall 2005
Intermediate Cognitive Therapy Course. A practical 10-week program designed as a follow-up to the Summer Training Institute to provide in-depth skills training to mental health professionals.
 47. 2000 – 2003
Annual Intermediate Cognitive Therapy Course: Supervised Applications. A practical, hands-on 10-week program designed as a follow-up to the Summer Training Institute providing in-depth skills training in the form of small group supervision to mental health professionals.
 48. 1996 – 2006
Annual Cognitive Therapy Summer Training Institute. Co-faculty responsible for “Cognitive Therapy for Anxiety Disorders”. An experiential 3 day workshop designed to provide skills training to family physicians, social workers, psychologists and psychiatrists.
 49. 2000 **Stress Management: Teaching it to your clients (and yourself).** Primary Care General Psychiatry Course.
 50. 2000 **Relapse prevention in depression: Mindfulness-based Cognitive Therapy (MBCT).** Teleconference.
 51. 1999 **Advanced Cognitive Therapy Course: Supervised Applications.** A practical, hands-on 10-week program designed to provide in-depth skills training to family physicians.
 52. 1999 **Cognitive Behaviour Therapy for the Challenging Patient: Treating Mood Disorders complicated by Axis II pathology.** A 9-session course designed to facilitate application of CBT for psychiatrists treating patients who suffer from both personality and mood disorders.
 53. 1999 **The Skills of Cognitive Therapy.** Primary Care Physicians Course.

54. 1998 **An Introduction to Cognitive Therapy.** Primary Care Physicians Course.

MINDFULNESS-BASED COGNITIVE THERAPY WORKSHOPS

1. 2023 **Cultivating Wellbeing: A MBCT retreat for health professionals.** M.A. Lau. A 5-day program provided at Hollyhock, Cortes Island, BC, Canada.
2. 2022 **MBCT Advanced Teacher Training Intensive.** M.A. Lau & A. Grabovac. A 5-day program provided online to clinicians at the CAGP, Taiwan.
3. 2022 **Fostering Resilience: A MBCT retreat for health professionals.** M.A. Lau & A. Grabovac. A 5-day program provided at Hollyhock, Cortes Island, BC, Canada.
4. 2022 **So you are thinking of using mindfulness meditation with your clients? How to introduce and support mindfulness meditation in therapy.** M.A. Lau. A 3-hour online workshop presented to clinicians at the North Shore CBT Centre, NorthVancouver, BC.
5. 2021 **Mindfulness-Based Cognitive Therapy Professional Training.** M.A. Lau & A. Grabovac. A 5-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
6. 2021 **Fostering Resilience: A 2 Hour Booster Session for health professionals.** M.A. Lau & A. Grabovac. A 2 hour program provided for the Vancouver Division of Family Practice, BC, Canada.
7. 2020 **Fostering Resilience for Health Professionals (Online).** M.A. Lau & A. Grabovac. A 1.5-day program provided at Hollyhock Educational Retreat Center, BC, Canada.
8. 2020 **Fostering Resilience: A Mindfulness-based approach (Online).** Mark A. Lau, & Andrea Grabovac. A 1.5 hour workshop presented at the 70th Annual Canadian Psychiatric Association Conference (Virtual).
9. 2020 **Fostering Resilience: A 1.5 day MBCT retreat for health professionals.** M.A. Lau & A. Grabovac. A 1.5-day program provided for the Vancouver Division of Family Practice, BC, Canada.
10. 2019 **Mindfulness-Based Cognitive Therapy Professional Training.** M.A. Lau & A. Grabovac. A 5-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
11. 2019 **Fostering Resilience: A MBCT retreat for health professionals.** M.A. Lau & A. Grabovac. A 5-day program provided at Hollyhock, Cortes Island, BC, Canada.
12. 2019 **Mindfulness-Based Cognitive Therapy Teacher Training.** S. Woods & M.A. Lau. A 5-day training for mental health professionals provided at Earthrise Retreat Center, Petaluma CA, USA.

13. 2019 **Mindfulness-based Therapy: From Theory to Practice. M.A. Lau.** A 1-day training for study therapists provided at G.F. Strong Rehabilitation Centre, Vancouver, BC.
14. 2019 **Fostering Resilience and Well-Being: An MBCT retreat for psychiatrists.** Seventeen 1-Hr presentations as part of the CPA 22nd International Continuing Professional Development Conference, Canadian Psychiatric Association.
15. 2018 **Mindfulness-Based Cognitive Therapy Professional Training. M.A. Lau & A. Grabovac with T. Heah.** A 5-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
16. 2018 **Fostering Resilience: A MBCT retreat for health professionals. M.A. Lau & A. Grabovac.** A 5-day program provided at Hollyhock, Cortes Island, BC, Canada.
17. 2018 **So you are thinking of using mindfulness meditation with your clients? How to introduce and support mindfulness meditation in therapy. M.A. Lau.** A 3-hour Mini-workshop presented at the 8th Annual Canadian Association of Cognitive and Behavioural Therapies Conference, Vancouver, BC.
18. 2018 **Mindfulness for Anxiety. M.A. Lau.** A 1-hr presentation to Grade 10 students at Chilliwack Secondary School, Chilliwack, BC.
19. 2017 **Mindfulness-based Cognitive Therapy: From Theory to Practice.** A 1.5-day workshop provided for the United Nations Staff and Stress Counsellors Special Interest Group Annual Meeting, Porto, Portugal.
20. 2017 **MBSR & MBCT ATTI: Advanced Teacher Training Intensive for MBSR and MBCT Teachers. S. Woods & P. Rockman with M.A. Lau.** A 5-day certificate training for mental health professionals provided at EarthRise Retreat Centre, Petaluma, CA.
21. 2017 **Mindfulness-Based Cognitive Therapy Professional Training. M.A. Lau & A. Grabovac with E. Burrell.** A 5-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
22. 2017 **Mindfulness-Based Cognitive Therapy: A Foundational Training Retreat. M.A. Lau, T. Barnhofer & M. Pahlen.** A 6-day certificate training for mental health professionals provided at Bad Kohlbrub, Germany.
23. 2016 **Can cultivating a mode of ‘non-doing’ do anything for you? Mindfulness-based cognitive therapy to prevent coach burnout. M.A. Lau.** A 1.5 hour workshop presented to Bounce Back: Reclaim your Health coaches. Vancouver, BC.
24. 2016 **Mindfulness-Based Cognitive Therapy Professional Training. M.A. Lau & A. Grabovac.** A 5-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
25. 2016 **When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT.** A 1-day workshop provided at the 77th Annual Canadian Psychological

Association Conference, Victoria, BC.

26. 2016 **Mindfulness-based Cognitive Therapy: From Theory to Practice.** A 1-day workshop provided for the BC Post-Secondary Counsellors' Association Annual Conference, Vancouver, BC.
27. 2016 **Mindfulness-based Cognitive Therapy: From Theory to Practice.** A 1-day workshop provided for the British Columbia Psychological Association, Vancouver, BC.
28. 2015 **When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT. M.A. Lau.** A 5-hour pre-convention Institute provided at the 49th Annual Conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
29. 2015 **Mindfulness-Based Cognitive Therapy: From Theory to Practice. M.A. Lau & A. Grabovac.** A 4-hour pre-conference workshop provided at the 65th Canadian Psychiatric Association Annual Conference, Vancouver, BC, Canada.
30. 2015 **Mindfulness-Based Cognitive Therapy Professional Training. S. Woods & M.A. Lau.** A 5 day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
31. 2015 **When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT. M.A. Lau.** A 1-day workshop provided for L'Institute de formation en thérapie comportementale & cognitive, Montreal, QC.
32. 2014 **An introduction to Mindfulness-based Cognitive Therapy: Can cultivating a mode of 'non-doing' do anything for me?** A 3-hour workshop provided to participants of Canadian Association of University Research Administrators (CAURA) at the Western Division Annual Conference, Vancouver, BC.
33. 2014 **An introduction to Mindfulness-based Cognitive Therapy: Can cultivating a mode of 'non-doing' do anything for me?** A 1-hour workshop provided to employees of Clark & Wilson, LLB, Vancouver, BC.
34. 2014 **Mindfulness-Based Cognitive Therapy Professional Training. S. Woods & M.A. Lau.** A 5 day certificate training for mental health professionals provided at Tatamagouche Retreat Center, Tatamagouche, NS, Canada.
35. 2014 **Mindfulness-Based Cognitive Therapy Professional Training. S. Woods & M.A. Lau with A. Grabovac.** A 5 day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
36. 2014 **An introduction to Mindfulness-based Cognitive Therapy: Can cultivating a mode of 'non-doing' do anything for me?** A 3-hour workshop provided to employees of the Law Society of British Columbia, Bowen Island, BC.
37. 2014 **An introduction to Mindfulness-based Cognitive Therapy. M.A. Lau.** A 2-hour workshop provided at the 75th Annual Canadian Psychological Association Conference,

Vancouver, BC Canada.

38. 2014 **An introduction to Mindfulness-based Cognitive Therapy: Can cultivating a mode of 'non-doing' do anything for me? M.A. Lau.** A 1.5-hour presentation provided to employees of British Columbia Institute of Technology, Burnaby, BC.
39. 2014 **When the going gets tough in CBT, get mindfulness! Mindfulness in individual CBT. M.A. Lau.** A 1-day workshop provided at the British Association for Behavioural and Cognitive Psychotherapies Spring Conference, London, England.
40. 2013 **Mindfulness-Based Cognitive Therapy for Depression. Z.V. Segal & M.A. Lau.** Institute provided at the Association for Behavioral and Cognitive Therapies Annual Convention, Nashville, TN.
41. 2013 **Mindfulness-Based Cognitive Therapy Training. S. Woods & M.A. Lau.** A 4-day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
42. 2013 **Mindfulness-based Cognitive Therapy: A Clinical Update. M.A. Lau.** A 2.5 hour workshop presented at the Adult Psychopathology Institute, University of Southern Maine, Portland, Maine, USA.
43. 2013 **Mindfulness-based Cognitive Therapy: From Theory to Practice. M.A. Lau.** A one-day pre-convention workshop presented at the 74th Annual Canadian Psychological Association Conference, Quebec City, Quebec, Canada.
44. 2013 **Mindfulness-based Cognitive Therapy: From Theory to Practice. M.A. Lau.** A one-day 6-hour workshop presented for Vancouver CBT Training, Holiday Inn, Vancouver, BC, Canada.
45. 2013 **Mindfulness-based Cognitive Therapy for Depression: From Theory to Practice. M.A. Lau.** A one-day 5-hour workshop presented to the staff and students of the Psychology Department, Concordia University, Montreal, QC.
46. 2013 **Mindfulness-based Cognitive Therapy, 2nd Edition: A Clinical and Research Update. M.A. Lau & A. Grabovac.** A one-day workshop presented at the The 1st International Conference on Mindfulness (ICM), Sapienza University of Rome, Italy.
47. 2013 **Mindfulness-Based Cognitive Therapy: From Theory to Practice.** A one-day workshop presented as part of the 16th International Continuing Professional Development Conference, Canadian Psychiatric Association.
48. 2012 **Mindfulness-Based Cognitive Therapy Training. S. Woods & M.A. Lau.** A 4 day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
49. 2012 **Mindfulness-based Cognitive Therapy in Psycho-oncology. M.A. Lau & A. Grabovac.** A 6 hour workshop presented at the 2012 Canadian Association of Psychosocial Oncology

(CAPO) Conference 61st, Vancouver, BC, Canada.

50. 2011 **Mindfulness-Based Cognitive Therapy Training.** S. Woods & M.A. Lau. A 4 day certificate training for mental health professionals provided at Hollyhock, Cortes Island, BC, Canada.
51. 2011 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal, S. Woods, M.A. Lau, & A. Clark. A week-long institute provided at Omega Institute, Rhinebeck, N.Y.
52. 2011 **Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse.** M.A. Lau. A 2-hour workshop provided for Burnaby Mental Health & Addictions, Vancouver, BC.
53. 2010 **Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse.** M.A. Lau. A 1-day workshop provided for the British Columbia Psychological Association, Vancouver, BC.
54. 2010 **An In Depth Exploration of the Inquiry Process: MBCT and the Articulation of the Experience of Mindfulness.** Woods, S., & Lau, M.A. A two day workshop presented for MBCT clinicians, Vancouver, BC
55. 2010 **Mindfulness-Based Cognitive Therapy.** M.A. Lau. A half-day workshop presented on behalf of Family Services of Greater Vancouver, BC.
56. 2009 **Mindfulness-Based Interventions: A Clinical Update.** M.A. Lau. A 1-day workshop provided for The Ontario Association of Consultants, Counsellors, Psychometrists & Psychotherapists, Toronto, ON.
57. 2009 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Behavioral and Cognitive Therapies Annual Convention, New York, NY.
58. 2009 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** M.A. Lau. A 1-day workshop provided at Toronto East General Hospital, Toronto.
59. 2009 **Mindfulness-Based Cognitive Therapy.** M.A. Lau. Five 1-day workshops (Brisbane, Adelaide, Melbourne, Sydney, Perth) provided in Australia.
60. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** M.A. Lau. A 1-day workshop provided at the British Association for Behavioural and Cognitive Psychotherapies Annual Conference, Edinburgh, Scotland, UK.
61. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Behavioral and Cognitive Therapies Annual Convention, Orlando, FL.

62. 2008 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** M.A. Lau. A 1-day workshop provided for the Counseling Center Conference, Utah State University, Logan, Utah.
63. 2007 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.
64. 2007 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Adult Psychopathology Institute. Summer 2007 Psychology Institute. University of Southern Maine, Portland, Maine.
65. 2007 May & September
Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse. M.A. Lau. A 1-day workshop provided for Changeways Clinic, Vancouver, BC.
66. 2006 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
67. 2005 **Integrating Mindfulness-Based Interventions and Cognitive Behavioural Therapy Techniques in Front-Line Work.** M.A. Lau. A 2-day workshop. Hincks-Dellcrest Centre, Toronto, ON
68. 2005 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Advancement of Behavior Therapy Annual Convention, Washington, DC.
69. 2005 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** M.A. Lau. Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing, Toronto, ON.
70. 2005 **Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse.** M.A. Lau & S. Woods. A 1-day workshop designed for Mindfulness Based Stress Reduction teachers. Integrating Mindfulness-based interventions into medicine, health care, and society. 3rd Annual Conference for Clinicians, Researchers and Educators, Worcester, MA.
71. 2005 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** A 1-day workshop designed for mental health providers. Cameron & Mathieu Consulting, Kingston, ON.
72. 2004 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal, F. Buck-Urbanowski, M.A. Lau, & K. Kitchen. A week long institute provided at Omega Institute, Rhinebeck, N.Y.
73. 2004 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Adult Psychopathology Institute. University of Southern Maine, Portland,

Maine.

74. 2003 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Advancement of Behavior Therapy Annual Convention, Boston, MA.
75. 2003 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal, F. Buck-Urbanowski, M.A. Lau, & K. Kitchen. A week long institute provided at Omega Institute, Rhinebeck, N.Y.
76. 2002 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Advancement of Behavior Therapy Annual Convention, Reno, NV.
77. 2002 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Thunder Bay Psychological Association. Thunder Bay, ON.
78. 2001 **Mindfulness-Based Cognitive Therapy and Prevention of Relapse in Major Depression.** Z.V. Segal & M.A. Lau. Institute provided at the Association for Advancement of Behavior Therapy Annual Convention, Philadelphia.
79. 1999 **The Use of Mindfulness-based Cognitive Therapy (Meditation) in Preventing Depressive Relapse/Recurrence.** Psychology Department, North York General Hospital, ON.

COGNITIVE THERAPY WORKSHOPS

1. 2018 **Structure as my friend.** A 1.5 hr workshop presented to Bounce Back: Reclaim your Health coaches from the Canadian Mental Health Association. Victoria, BC.
2. 2010 **BCTF Spring Training Forum.** Co-faculty. A 2-day workshop for mental health service providers to implement 'Living With Balance: a program for BC teachers'. Vancouver, BC.
3. 2008 **Cognitive Behavioral Therapy of Mood Disorders Complicated by Co-morbid Personality Factors.** A 2-hour workshop for mental health professionals of the Faculty of Medicine, University of Calgary & Calgary Health Region Mood Day: Treatment of Challenging Mood Disorders. Calgary, AB.
4. 2007 **Cognitive Therapy Training Workshop.** A 2-day workshop designed to facilitate application of CBT by mental health providers of the BC Provincial Youth Concurrent Disorders Program. BC Children's Hospital, Vancouver, BC.
5. 2005 **The Nuts and Bolts of Brief Evidence-Based Therapies: CBT & IPT.** P. Ravitz & M. Lau. A 1-day workshop to mental health providers, Sault St. Marie, ON.
6. 2005 **Cognitive Behaviour Therapy Training Workshop.** A 2-day workshop designed to facilitate application of CBT by mental health providers treating the seriously mentally ill. The Mary McGill Community Mental Health Centre, Alliston, ON.

7. 2004 **Managing Countertransference Reactions.** A 1 day workshop designed to assist mental health providers with their countertransference reactions to challenging patients. Moncton City Hospital, Moncton, N.B.
8. 2004 **CBT strategies in the management of injection therapy with Fuzeon.** A 1-hour workshop designed to assist nurses with complications related to taking an injectable HIV therapy. 2004 Ontario HIV Nurses Advisory Forum II, Hoffman-LaRoche, Toronto, ON.
9. 2003 **Cognitive Therapy Training Workshop.** A 2 day workshop designed to facilitate application of CBT by mental health providers treating the seriously mentally ill. The Canadian Mental Health Association, St. John Branch, St. John, N.B.
10. 2003 **Cognitive Therapy with Challenging Patients.** Lecture presented at workshop entitled "Cognitive Therapy: From the basics to the effective treatment of specific psychological disorders". Toronto, ON.
11. 2002 **Cognitive Behaviour Therapy for Depression.** Adult Psychopathology Institute. Summer 2002 Psychology Institute. University of Southern Maine, Portland, Maine.
12. 2002 **Cognitive Behavior Therapy Training Workshop.** A 2 day workshop designed to facilitate application of CBT by mental health providers treating the seriously mentally ill. Grey Bruce Health Services, Owen Sound, ON.
13. 2000 **Cognitive Behavior Therapy for the Challenging Patient.** A 2 day workshop designed to facilitate application of CBT by mental health providers treating patients who suffer from both mood and personality disorders. Thunder Bay Regional Hospital, ON.
14. 2000 **Cognitive Behaviour Therapy of the Anxiety Disorders: An empirically validated approach.** A full day practical, hands-on workshop provided to mental health professionals for Leading Edge Seminars, Toronto, ON.
15. 2000 **General Principles of Cognitive Therapy.** Student Counseling Services, University of Toronto, ON.
16. 2000 **Group Cognitive-Behaviour Therapy for Depression.** CBT Rounds, University Health Service, University of Toronto, ON.
17. 2000 **Cognitive Behaviour Therapy for Depression.** Adult Psychopathology Institute. Summer 2000 Psychology Institute. University of Southern Maine, Portland, Maine.
18. 1998 **How to do Cognitive Therapy** - Co-workshop leader for a 5-day Workshop for Aboriginal Counselors. Banff, AB.
19. 1997 **Cognitive Behavioural Treatment for Panic Disorder.** General Practitioners Psychological Association Annual Conference.
20. 1997 **Cognitive-Behaviour Therapy for Depression and Anxiety Based Disorders.** Mental

Health Services, Scarborough General Hospital.

21. 1996 **A Cognitive Behavioural Approach to Relapse Prevention in Unipolar Depression.** Telemedicine Canada.
22. 1996 **Cognitive Behavioural Treatment for Panic Disorder.** Telemedicine Canada.
23. 1995 **A Cognitive Behavioural Approach to Relapse Prevention in Unipolar Depression.** York Central Hospital, Toronto, ON.

PUBLIC PRESENTATIONS:

1. 2021 **Interactive corporate CBT workshop.** A 3 hour, 2 session online workshop for members of the Irish community in British Columbia. Sponsored by the Consulate General of Ireland.
2. 2021 **Interactive corporate CBT workshop.** A 3 hour, 2 session online workshop for members of the Irish community in British Columbia. Sponsored by the Consulate General of Ireland.
3. 2020 **Interactive corporate CBT workshop.** A 3 hour, 2 session online workshop for members of the Irish community in British Columbia. Sponsored by the Consulate General of Ireland.
4. 2020 **Interactive corporate CBT workshop.** A 3 hour, 2 session online workshop for employees of Destination British Columbia. Sponsored by Destination, British Columbia.
5. 2014 **New developments in the Psychological Treatment of Depression and Anxiety: An Introduction to Mindfulness-based Cognitive Therapy.** Free public lecture presented for the Canadian Psychological Association Clinical Section, Vancouver, BC.
6. 2013 **Mindfulness-based cognitive therapy: Can cultivating a mode of ‘non-doing’ do anything for me?** BrainTalks, Vancouver General Hospital, Vancouver, BC.
7. 2011 **An Introduction to Mindfulness-based Cognitive Therapy.** Community Engagement Night: An evening focusing on Bipolar Disorder. Vancouver, BC.
8. 2009 **The Mind-Body Connection: Understanding how Thoughts Influence Mood.** Education Night: Women’s Mental Health and Addictions. Vancouver, BC.
9. 2001 **Staying well after recovering from depression.** Equilibrium. Oakville, ON.
10. 1996 **The Mind-Body Connection: Understanding How Thoughts Influence Mood.** The Mood Disorders Association of Metropolitan Toronto.

CLINICAL SUPERVISION:

- 1996- I have provided individual case supervision for individual/group CBT to **55** pre-doctoral psychology interns, general practitioners, social workers and psychologists and psychiatrists.

RESEARCH SUPERVISION:

1992 – I have supervised 14 psychology graduate and undergraduate students as research assistants, honours theses, and completion of special topics courses.

LIST OF UNDERGRADUATE COURSES TAUGHT:

2000 – 2006 Theories of Psychopathology and Psychotherapy, University of Toronto, Dept. of Psychology, Toronto, ON.
 1991 – 1993 Teaching Assistant, Abnormal Psychology, McGill University, Dept. of Psychology, Montreal, QC.
 1991 – 1992 Teaching Assistant, Social Psychology, McGill University, Dept. of Psychology, Montreal, QC.
 1983 – 1985 Teaching Assistant, Introductory Physiology, McGill University, Dept. of Physiology, Montreal, QC.

PROFESSIONAL AFFILIATION AND ACTIVITIES:

2018 – present Fellow, Canadian Association of Cognitive and Behavioural Therapies
 2017 – present ACCESS MBCT International Advisory Committee
 2015 – present MBCT Mentor with the UCSD Mindfulness-Based Professional Training Institute
 2015 – present Fellow, Association for Behavioral and Cognitive Therapies
 2013 – present ACT Certified Trainer/Consultant, Academy of Cognitive Therapy
 2010 – present Canadian Association of Cognitive and Behaviour Therapies, Certified in Cognitive Therapy
 2008 – present College of Psychologists of British Columbia
 2000 – present Founding Fellow, Academy of Cognitive Therapy
 1996 – present College of Psychologists of Ontario
 1996 – present Canadian Psychological Association
 1996 – 2021 Association for Behavioral and Cognitive Therapies
 2009 – 2010 Interim Board of Directors, Canadian Association of Cognitive and Behaviour Therapies
 2008 – 2011 Founder, BC Group CBT Practice Research Network
 2003 – 2004 Society for the Exploration of Psychotherapy Integration
 1999 – 2006 Society for Research in Psychopathology
 1991 – 2006 American Psychological Association

Associate Editor: Mindfulness (2008-2020)

Editorial Board: Cognitive and Behavioral Practice (2008-2016)

Guest Editor: Journal of Cognitive Psychotherapy: Special Issue-New Developments in mindfulness research

Visions: BC's Mental Health and Addictions Journal:
 2016 Special Issue-Mindfulness
 2009 Special Issue-Cognitive Behaviour Therapy

Internal Reviewer Canadian Institutes of Health Research-BSB Operating Grant Review Committee

Ad hoc Reviewer: Assessment
 Behavior Therapy
 Behaviour Therapy and Research
 Behavioural and Cognitive Psychotherapy
 BMJ Open
 Brain and Cognition
 Canadian Association for Cognitive and Behavioural Therapies Program
 Committee
 Canadian Institutes of Health Research
 Canadian Psychiatric Research Foundation
 Canadian Psychological Association, Clinical Section
 Canadian Network for Mood and Anxiety Treatments (CANMAT) Clinical
 Guidelines for the Management of Major Depressive Disorder in Adults:
 II. Psychotherapy Alone or in Combination with Antidepressant Medication
 Cognitive Therapy and Research
 Cognitive and Behavioral Practice
 Contemporary Clinical Trials
 Emotion
 European Journal of Psychology of Education
 Health, Welfare and Food Bureau, People's Republic of China
 John Wiley & Sons Canada, Ltd.
 Journal of Abnormal Psychology
 Journal of Anxiety Disorder
 Journal of Affective Disorders
 Journal of Clinical Psychology
 Journal of Clinical and Consulting Psychology
 Journal of Studies on Alcohol
 Mindfulness
 National Science Foundation
 Ontario Mental Health Foundation
 Personality and Individual Differences
 Psychological Assessment
 Psychotherapy Research
 The Ontario HIV Treatment Network

ADMINISTRATIVE COMMITTEES:

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|----------------|---|
| 2010 – present | Accreditation Committee, Canadian Association of Cognitive and Behavioural Therapies |
| 2012 – 2017 | E-Mental Health Committee, Vancouver Coastal Health and Providence Healthcare |
| 2013 – 2014 | Collaborative for Mindfulness in Higher Education (CMHE), University of British Columbia. |

| | |
|-------------|---|
| 2007 – 2011 | CBT Infrastructure Project Advisory Committee, Canadian Mental Health Association |
| 2008 – 2011 | Professional Affairs Committee, Canadian Psychological Association |
| 2009 – 2010 | Interim Board of Directors, Canadian Association of Cognitive and Behavioural Therapies |
| 2007 – 2008 | BC Workplace Mental Health & Addiction Scientific Committee |
| 1999 – 2006 | APA/CPA Program in Clinical Psychology - Internship Committee |
| 2001 – 2006 | Program Advisory Committee, Mood & Anxiety Disorders Division, CAMH |
| 2000 – 2001 | Health Records Committee |
| 1999 | Education Sub-committee, Centre for Addiction and Mental Health |
| 1999 | Medical Research Council: Selection of Grants Committee Members for 1999-2000 |
| 1996 – 1998 | Telemedicine Canada Curriculum Planning Committee |
| 1996 – 2000 | The Canadian Mindfulness Based Stress Reduction Network |

CLINICAL POPULATIONS SERVED

Unipolar Depression, Bipolar Depression, Anxiety Disorders

"Dichiaro di essere a conoscenza che il presente curriculum vitae sarà pubblicato sul sito istituzionale dell'Ateneo, nella sezione "Amministrazione Trasparente", nei modi e per la durata previsti dal D.Lgs. n. 33/2013, articolo 15."