



# MORE

MINDFULNESS-ORIENTED RECOVERY ENHANCEMENT

Intensive one-day training workshop for the

## Mindfulness-Oriented Recovery Enhancement (MORE) intervention

June 27<sup>th</sup>, 2024, 09:00 - 17:00



UNIVERSITÉ DE FRIBOURG  
UNIVERSITÄT FREIBURG

## Introduction

Grounded in affective neuroscience, *the Mindfulness-Oriented Recovery Enhancement (MORE)* is an innovative, multimodal mindfulness-based therapy. MORE intervention unites complementary aspects of mindfulness training, third-wave CBT, and principles from positive psychology into an evidence-based treatment for chronic pain, addictive behavior, emotion dysregulation, and psychosomatic conditions.

The workshop will be given by **Prof. Dr. Eric Garland**, founder of the MORE Intervention. Prof. Dr. Garland is distinguished professor and associate dean for research in the University of Utah and director of the Center on Mindfulness and Integrative Health Intervention Development. Prof. Garland led large clinical trials that showed the efficacy of MORE in reducing pain symptoms and opioid dependence, and has published more than 250 scientific articles. In a recent bibliometric analysis, Dr Garland was found to be the most prolific author of mindfulness research in the world. In addition to his clinical research experience, Professor Garland is a licensed psychotherapist and was elected a Distinguished Fellow of the National Academies of Practice in the USA in 2015.

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### Date

June 27th, 2024, 9:00 – 17:00

### Place

University of Fribourg  
Rue P.-A.-de-Faucigny 2  
1700 Fribourg  
Room C-0-101

### Audience

Mental health specialists and health professionals (e.g. medical doctors, psychologists, psychotherapists, nurses, social workers, ...). The workshop will be open for students upon availability.

### Costs

300 CHF  
9 AM to 5 PM with an hour for lunch

### Credits

Continuing education (CE) credits available

### Registration

