

MiCBT Group Program

MINDFULNESS & Recovery Stream

A structured program for healing, awareness and lasting change.

DR. ALIA OFFMAN, C.PSYC

This structured, evidence-based group treatment program is designed for individuals experiencing anxiety, depression, trauma, chronic stress, emotional dysregulation, burnout, and other challenges that interfere with daily functioning and well-being. Grounded in Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT), the program combines clinical expertise with practical mindfulness and emotional regulation skills to support lasting recovery, resilience, and meaningful, sustainable change.

Program Overview

This **10-week** program combines **4 weeks of Phase 1**, a mid-program retreat day, and **6 weeks of Phase 2-4**, followed by a final integration retreat. Sessions are delivered through **online group therapy** with in-person retreat components to support experiential learning and clinical integration. The structure is designed to build skills gradually while maintaining a strong therapeutic framework throughout the program.

Phase 1: Stage 1 MiCBT Foundations	4 Weeks - Weekly Online Group	Building the foundation
Retreat Day 1	Full-Day Mindfulness Retreat	Consolidating awareness
Phase 2: Stages 2-4 MiCBT	6 Weeks- Weekly Online Group	Deepening psychological change
Retreat Day 2	Full-Day Mindfulness Retreat	Sustaining change

What You'll Learn

- **Interoceptive awareness** – notice body signals
- **Interpersonal skills** – communicate more clearly
- **Compassion** – support sustainable coping
- **Relapse prevention** – maintain progress
- **Attentional stability** – grounding and focus
- **Nervous system regulation** – calming activation
- **Emotional regulation** – respond skillfully

Grounded in Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT) — an evidence-based approach combining mindfulness training, interoceptive exposure, and emotional regulation. 🌐 Mindfulness-integrated CBT Training | MiCBT Institute

Who Can Benefit

- Interpersonal difficulties
- Life transition and adjustment challenges
- Substance use concerns
- PTSD and operational stress injuries
- Anxiety and panic
- Depression and emotional dysregulation

Program Lead

Dr. Alia W. Offman, C.Psych., Registered Psychologist with over 20 years of experience in therapy and trauma work. Co-Director of the North American Chapter of the MiCBT Institute, specializing in trauma, mindfulness training, and psychedelic-assisted psychotherapy.

Referrals Welcome

This program works collaboratively with psychiatry, primary care, and community supports. Referrals and partnerships welcomed.

Ready to Begin?

For more information or for referrals:

📞 613 264 1985 | ✉️

alia@draliaoffman.ca | 🌐

www.draliaoffman.ca | 📞 613 264 1105



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