

**SCHEDULE FOR FIRST YEAR OF TRAINING IN MINDFULNESS- AND
COMPASSION-ORIENTED INTEGRATIVE PSYCHOTHERAPY (2026/2027)**

Dates	Workshop leader	The name of the workshop
Friday, 27.3. – 29.3.2026 Each day: 9:30 – 17:30 24 hours	Dr. Gregor Žvelc / Dr. Maša Žvelc	Module 1: Introduction to Mindfulness and Compassion-Oriented Integrative Psychotherapy (MCIP)
Friday, 29.5.2026 & 30.5.2026 Each day: 9:30 – 17:30 16 hours	Dr. Gregor Žvelc / Dr. Maša Žvelc	Module 2: Methods of relational mindfulness and compassion
Friday, 11.9. 2026 & 12.9.2026 Each day: 9:30 – 17:30 16 hours	Dr. Gregor Žvelc / Dr. Maša Žvelc	Module 3: Physiological synchrony, physiological regulation and mindful body awareness
September - November 2026 Eight-week online training Tuesdays (from 18:00 to 19:30) Start: 15.9.2025 16 hours	Melita Košak, PTSTA, Mindfulness trainer	Module 4: Mindfulness and self- compassion for the therapist (only online)
Friday, 20.11. 2026 - 22.11. 2026 Each day: 9:30 to 17:30 24 hours	Dr. Gregor Žvelc / Dr. Maša Žvelc	Module 5: Transforming power of mindful processing – core skills of mindful processing therapy
Friday, 22.1. - 24.1. 2027 Each day: 9:30 to 17:30 16 hours	Dr. Gregor Žvelc / Dr. Maša Žvelc	Module 6: Self-Compassion processing of disturbing experiences