

CURRICULUM VITAE

Last Name : WEBER (Weber Rouget while married)
First name : Béatrice
Date of birth : 09.04.1961
Nationality : Swiss
Profession : Psychologist, Psychotherapist (recognized in Switzerland)
Marital status : divorced, one child
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Schools and Universities

1967-1979 : Primary et secondary degrees in a french school in Copenhagen (Denmark).
Baccalauréat obtained in 1979
1980-1983 : Diploma of kindergarten teacher in 1983
1983-1987 : Diploma in Psychology, University of Geneva in 1987
1987-1990 : Master in Psychology, University of Geneva, in 1990
1990-1992 : Diploma in cognitive-behavior therapy, University of Lyon (France), in 1992
1987-2004 : Post-graduated title of psychologist specialized in psychotherapy obtained in Switzerland in 2004.

Professional experiences

1989-1993: Working as a psychologist on a research supported by a Grant from the Swiss National Research Fund.
1989 and to date: Psychologist (80%) at the department of Psychiatry of Geneva University hospitals, in outpatients units, mainly with patients suffering from mood (unipolar and bipolar) and anxiety disorders.
My work actually consists of clinical (mainly CBT, in individual and group format) and research activities, and some didactic activities
2014 and to date: private practice (20%); CBT therapy, supervision, personal development and teaching.

Publications and communications related to Mindfulness

- Bondolfi G, Jermann F, der Linden MV, Gex-Fabry M, Bizzini L, Rouget BW et al. *Depression relapse prophylaxis with Mindfulness-Based Cognitive Therapy: replication and extension in the Swiss health care system*. Affect Disord. 2010 May;122(3):224-31.
- Jermann, F., Weber, B., Myers-Arrazola, L., Bizzini, L., & Bondolfi, G. *Characteristics of participants who benefit most from Mindfulness Based Approaches: can self-assessments provide an indication?*, 41st Annual Congress of the European Association for Behavioural and Cognitive Therapies (EABCT), 1st September 2011, Reykjavik.
- Weber Rouget, B., Myers-Arrazola, L., Bizzini, L. & Bondolfi, G. *Becoming a Mindfulness-Based Cognitive Therapy (MBCT) instructor: A new way of being a therapist*. Oral communication, ICCP 2005 (International Congress of Cognitive Psychotherapy), June 2005 - Göteborg.
- Weber Rouget, B., Bizzini, L., Myers-Arrazola, L. & Bondolfi, G. (2007). *How to become a mindfulness-based cognitive therapy instructor: the professional training program in Geneva (Switzerland)*. Presentation dialogue (1h), 5th Annual Conference for Clinicians, Researches and Educators ("Integrating mindfulness-based approaches and interventions into medicine, health

- care and society”), sponsored by the Centre for Mindfulness in Medicine, Health care and Society, University of Massachusetts Medical School, 28 March-1st April 2007, Worcester MA.
- Weber Rouget, B., Myers-Arrazola, Conference on mindfulness (1h30) in the Department of Psychiatry of Geneva University Hospitals (HUG) 13 September 2007.
 - Weber Rouget, B., Jermann, F., Aubry, J.-M. *Thérapie cognitive basée sur la pleine conscience*, in Ferrero & Aubry (eds) : Traitements psychologiques des troubles bipolaires, Masson, 2009.
 - Weber, B., Jermann, F., Gex-Fabry M., Nallet, A., Bondolfi, G & Aubry, J.-M. *Mindfulness-Based cognitive therapy for bipolar disorder: a feasibility trial*. *European Psychiatry*, 2011, 25, 334-337.
 - Weber, B., Jermann F, Bizzini L, Bondolfi G. *Les approches thérapeutiques basées sur la pleine conscience (mindfulness): utilité pour le traitement de la douleur*. *Revue Médicale Suisse*, June 2012.
 - Weber, B., et al. *Self-Reported Long-Term Benefits of Mindfulness-Based Cognitive Therapy in Patients with Bipolar Disorder*. *J Altern Complement Med*. 2017 Jul;23(7):534-540.
 - Oral communication « Self-reported long-term benefits of Mindfulness-Based Cognitive Therapy (MBCT) in Bipolar Disorders (BD) », Béatrice Weber, Mindfulness in Society 2017 Conference, Chester, U.K, 8th - 10th July 2017
 - Weber, B., Vidal, S., Jermann F, Richard-Lepouriel, H. Answers and open questions concerning mindfulness- based cognitive therapy (MBCT) for bipolar disorder , *Revue Francophone de Clinique Comportementale et Cognitive*, 26(2), 30–50. 2022

TRAINING MAINLY BASED ON OR RELATED TO MINDFULNESS

Training given:

- Workshop « thérapie cognitive de la pleine conscience et pratique personnelle » (Mindfulness-Based Cognitive Therapy) with G. Bondolfi, L Bizzini & L. Myers-Arrázola, 26-28 August 2005, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- 2 practical mini-workshop on mindfulness (60' each) in the context of an introduction to group therapy (travail groupal), 29-30 May 2006, Geneva University Hospitals (HUG).
- Workshop « thérapie cognitive de la pleine conscience et pratique personnelle » (Mindfulness-Based Cognitive Therapy) with G. Bondolfi, L Bizzini & L. Myers-Arrázola, 29 Sept-1st Oct 2006, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- 3 practical mini-workshop on mindfulness (60' each) in the context of an introduction to group therapy (travail groupal), 21-22 May 2007, Geneva University Hospitals (HUG).
- Theoretical and practical workshop « Relaxation et pleine conscience pour la gestion du stress» with L. Myers-Arrázola & F. Jermann, 30-31 May 2008, Geneva, organized by Geneva University Continuing Education Program in cognitive behavior therapy.
- Workshop « thérapie cognitive de la pleine conscience et pratique personnelle » (Mindfulness-Based Cognitive Therapy) with L Bizzini, M. Stankevic & L. Myers-Arrázola, 29-31 August 2008, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- 3 practical mini-workshop on mindfulness (60' each) in the context of an introduction to group therapy (travail groupal), 10-11 November 2008, Geneva University Hospitals (HUG).
- Theoretical and practical workshop on mindfulness, with F. Jermann to nurses specializing in Mental Health, 16 December 2008, Geneva University Hospitals (HUG).
- Advanced training workshop «l'acceptation : une voie royale pour le changement », with L. Myers-Arrazola 13 December 2008, 10 January and 14 March 2009, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- Workshop-retreat « mindfulness-based cognitive therapy for the prevention of depressive relapse, co-instructed with Prof Segal, Dr Bizzini, Dr Philippot, 30 août – 3sept 2009, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo) in Crêt-Bérard, Switzerland.
- 3 practical mini-workshop on mindfulness (60' each) in the context of an introduction to group therapy (travail groupal), 2-3 November 2009, Geneva University Hospitals (HUG).
- Theoretical and practical workshop on mindfulness and stress reduction, with G. Bondolfi, 20 March 2010, organized by Istituto Italiano per la Mindfulness, Villa Margherita Clinic, Vicenza, Italy.
- Theoretical and practical workshop « Relaxation et pleine conscience pour la gestion du stress» with L. Myers-Arrázola, 22 May 2010, Geneva, organized by Geneva University Continuing Education Program in cognitive behavior therapy.

- Workshop « thérapie cognitive de la pleine conscience et pratique personnelle » (Mindfulness-Based Cognitive Therapy) with J.-M. Aubry, M. Stankevic & D. Dunker-Scheuner, 25-27 June 2010, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- 3 practical mini-workshop on mindfulness (60' each) in the context of an introduction to group therapy (travail groupal), 15-16 November 2010, Geneva University Hospitals (HUG).
- Mindfulness workshop for professionals, with Jean-Philippe Jacques, 19 February 2011, organized by Ressource Mindfulness, Geneva.
- Workshop « thérapie cognitive de la pleine conscience et pratique personnelle » (Mindfulness-Based Cognitive Therapy) with L. Bizzini and L. Myers-Arrázola, 24-26 June 2011, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- Advanced practical Workshop “Mindfulness tools for the experience of emptiness”, with Jean-Philippe Jacques, 12 September 2011, organized by Ressource Mindfulness, Geneva.
- 3 practical mini-workshop on mindfulness (60'each) in the context of an introduction to group therapy (travail groupal), 12-13 December 2011. Geneva University Hospitals (HUG).
- Advanced practical Workshop “Mindfulness tools for the experience of emptiness”, with Jean-Philippe Jacques, 12 December 2011, organized by Ressource Mindfulness, Geneva.
- Workshop « Introduction à la pratique de pleine conscience et à ses applications cliniques » (Introduction to mindfulness practice) with G. Bondolfi, F. Stuckelberger & L. Myers-Arrázola, 16-18 Mars 2012, Geneva, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- Theoretical and practical workshop « Relaxation et pleine conscience pour la gestion du stress» with L. Myers-Arrázola, 20 April 2012, Geneva, organized by Geneva University Continuing Education Program in cognitive behavior therapy.
- "Mindfulness : pratique personnelle, réflexions et indications dans le contexte de la santé et du travail", atelier résidentiel donné par B. Weber, à St-Jacut (France) du 15 au 18 septembre 2011, sur un total de 26 heures de formation (soit 18 heures d'expérience personnelle et 8 heures de réflexion théorique).
- Workshop ISC, Mindfulness meditation as a way of working with stress, Sardaigne , 1-2 juin 2012, 14h
- Workshop « Pleine conscience », oct 2013, SDBB-CSFO, Chambéry, Oct 2013, 8h
- Workshop « Pleine conscience et réduction du stress », Chambéry (France), 30-31 mai 2013, 14h
- Workshop Impact de la mindfulness sur le stress, HES-SO, Genève, 2x3h
- Retraite-Workshop résidentiel d'initiation à l'instruction de groupe MBCT, B. Weber en co-instruction avec Stephany Orain Pelissolo et Manuela Tomba, Saint-Malo (France), Nov 2015, 5 jours
- 2 days workshop, Introduction à la mindfulness, ASPCo, (vendredi a-m, samedi, dimanche matin), 2 jours/an, en 2012, 2014, 2015.
- Workshop “Introduction to mindfulness practice”, instructed with Jean-Philippe Jacques in an International Private School (Le Rosey), to a group of adolescents and teachers, 6-7 November 2010, Rolle, Switzerland.
- Supervision (2014-2015) of a student undergoing the Certificat Universitaire en Interventions Psychologiques Basées sur la Pleine Conscience (IBPC) de l'Université Catholique de Louvain (UCL) en Belgique.
- Retraite-Workshop résidentiel d'initiation à l'instruction de groupe MBCT, B. Weber et Manuela Tomba, Domaine du Taillé, Ardèche, nov 2018, 5 jours.
- Atelier de co-animation et de supervision à l'instruction de groupe MBCT, B. Weber et Manuela Tomba, Château de Magny en Morvan, fév-mars 2019, 5 jours.
- Atelier de co-animation et de supervision à l'instruction de groupe MBCT, B. Weber, Françoise Jermann et Manuela Tomba, Crêt-Bérard, janvier 2020, 5 jours.
- Retraite-Workshop résidentiel d'initiation à l'instruction de groupe MBCT, B. Weber et Claire Mizzi, Domaine du Taillé, Ardèche, 2021, 5 jours.
- Retraite-Workshop résidentiel d'initiation à l'instruction de groupe MBCT, B. Weber, Zindel Segal, Guido Bondolfi et Françoise Jermann., Crêt-Bérard, juin 2023, 5 jours.
- Atelier « Anxiété sociale », FCU en TCC – DAS - Genève Déc 2012 et Fév 2015
- Le stress dans les études médicales, avec G. Bondolfi, CMU, Genève, 1er et 3 octobre 2013
- TCC des troubles bipolaires, FCU en TCC, Genève, 13-04-13

- TCC des troubles bipolaires (1/2 jour), DIU en TCC, Université Claude Bernard, Lyon, 2013 & 2014
- TCC du trouble bipolaire, AFFORTHECC, Annecy, France 17-18 oct 2014
- TCC des troubles bipolaires, CEPPUSP, avec J.-M. Aubry, Lausanne, 2x4h par an, 2014-2015
- atelier "Prévention et gestion du burnout et du risque de décrochage dans le cadre de la crise sanitaire COVID-19", Services industriels de Genève, 30 Mars 2021.

Training received:

- Workshop « Mindfulness Based Cognitive Therapy », Prof Z. Segal, 7-8 April 2000, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo).
- Workshop « Prevention of recurrent depression with mindfulness-based cognitive therapy », Prof. Z. Segal 10-11th June 2002, Geneva, organized by Geneva University Hospitals (HUG) and the Swiss Association for Cognitive Psychotherapy (ASPCo).
- Mindfulness-Based Cognitive Therapy (MBCT) program (12 sessions), instructed by Dr. L. Bizzini et G. Bondolfi, from October 2002- February 2003, Geneva University Hospitals (HUG).
- Mindfulness-Based Cognitive Therapy (MBCT) program (9 sessions), instructed by Dr. L. Bizzini et G. Bondolfi, March 2003-May 2003, Geneva University Hospitals (HUG).
- Workshop-Retreat « mindfulness-based cognitive therapy for the prevention of depression relapse », instructed by Prof Segal, Dr Bizzini et Dr Bondolfi, 17-22 August 2004 in Crêt-Bérard, Switzerland.
- 9 day Summer Intensive Practicum in Mindfulness-Based Stress Reduction", organized by the Center for Mindfulness in Medicine, Health care and Society, University of Massachusetts Medical School, 9-18 July 2006, Worcester MA.
- Teacher Development Intensive in Mindfulness-Based Stress Reduction", organized by the Center for Mindfulness in Medicine, Health care and Society, University of Massachusetts Medical School, 18-26 March 2007, Worcester MA.
- 5th Annual Conference for Clinicians, Researches and Educators ("Integrating mindfulness-based approaches and interventions into medicine, health care and society"), sponsored by the Center for Mindfulness in Medicine, Health care and Society, University of Massachusetts Medical School, 28 March-1st April 2007, Worcester MA.
- Mindfulness Workshop-retreat for instructors, instructed by C. Genoud and Prof Segal, 27-30 August 2009 in Crêt-Bérard, Switzerland.
- Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training Retreat, organized by the Center for Mindfulness in Medicine, Health care and Society, University of Massachusetts Medical School, 4-11 June 2010, Omega Institute, CA.
- Residential Workshop "mindful communication", instructed by Edel Maex, organized by the Association for the promotion of mindfulness (ADM), 19-21 November 2010, Belgium.
- Retreat for mindfulness instructors, instructed by Charles and Patricia Genoud, organized by the Swiss Association for Cognitive Psychotherapy (ASPCo) and the Association for the promotion of mindfulness (ADM), 30 January-5 February 2011, in Crêt-Bérard, Switzerland.
- Workshop (1 day) on ACT, given by Dr Monestès, in Geneva University Hospital, Department of Psychiatry, 23 March 2012.
- Round table "Essor et maturité de la thérapie cognitive basée sur la pleine conscience", Zindel Segal, Lucio Bizzini, Christophe André et Gilles Bertschy, June 2013, ADM, Paris .
2012
- ACT, 2 days residential theoretical and practical workshop given by two trainers from Stimulus (Paris) in Bretagne (France), 2013
- Silent retreat, Retraite avec enseignement sur les liens entre psychologie occidentale et psychologie bouddhiste, AKINCANO Marc Weber, ADM, Suisse, 7 days, 1-9 Déc 2013 >40h
2012
- Conférence, table ronde et atelier autour de la pleine conscience Jack Kornfield, ADM, Paris 29-30 juin 2012, >10h
- Journée spéciale pour les 5 ans de l'ADM, Paris, Présentations orales par des membres de ADM
2014
- Conférence de Michel BITBOL "le point aveugle des neurosciences de la Conscience", 28 juin 2014, Paris

Workshop, Mobiliser ce qui fait sens : les valeurs dans la thérapie ACT, 3 octobre, Monestes 7h, 2015.

MBI-TAC, Rebecca Crane, 2 days training, organized by the ADM, Paris, Février 2016

MBI-TAC, Rebecca Crane & al , residential 5 days training, 25 mars au 1er avril 2017

Mindfulness in Society 2017 Conference, Chester, U.K, 8th - 10th July 2017

Workshop “voir avec le Coeur: cultiver la compétence essentielle des enseignants”, Saki Santorelli, sept 2017, 4h, Geneva.

- Atelier “alliance et rupture d’alliance: la TCC face à la personnalité narcissique”, donné par Françoise Hazan, ASPCo, le 24 février 2018 (1 jour)
- Journée des troubles bipolaires, mars 2016, 2017 et 2018, Genève organisée par les HUG (1/2 jour)
- Hypnose et Pleine conscience, 1er colloque romand d’hypnose, IRHYS, 17 mars 2018, Morges, 1 jour
- “Complémentarité des TCC actuelles: quelle place pour la mindfulness”, 5 mai 2018 (1 jour), organisé par l’université de Genève et l’ASPCo dans le cadre du DAS en TCC
- Workshop “Process-based CBT”, Steven C. Hayes & Stefan G. Hofmann (20h), Frankfurt Academy of Psychological Therapies, 22-26 May 2018
- Workshop “Process-based CBT”, Steven C. Hayes & Stefan G. Hofmann (20h), Frankfurt Academy of Psychological Therapies, 22-23 May 2018
- Workshop “integrating meditation into CBT”, Thomas Heidenreich & Ulrich Stangier, (20h), Frankfurt Academy of Psychological Therapies, 25-26 May 2018.
- 2ème colloque francophone de pratiques en TCC, 15-16 juin 2018 (14h, Genève), AFTCC, ASPCo, Afforthecc.
- Post conference retreat “bringing practice to life: the place of Vedana/feeling tone in mindfulness” by Helan Ma & Mark Williams, 14-15 July 2018, ICM, Amsterdam
- International conference on mindfulness (ICM) 2018, Amsterdam, 11-13 July 2018
- EAMBA conference, 24-26 august 2018, Zürich
- EAMBA conference, 23-25 august 2019, Vilnius, Lituanie
- EAMBA conference, august 2020, online, Turkey
- 5ème symposium Burnout 4.0: rester en bonne santé et trouver sa santé en période de turbulences”, Swiss expert network on burnout, Berne, 8 novembre 2018

Masterclass “Mindfulness-based cognitive therapy for life”, Oxford Mindfulness center, January 2019 (2 days).

- Ateliers pour superviseurs de l’ASPCo, à Rolle (2011, 2012, 2015), à Chexbres (2013 avec S Borgo)
- International Conference on Mindfulness 2021, Online, Aarhus Universitet, Denmark
- Atelier en ligne “Finding peace in a frantic world” donné par Chris Cullen et Leonie Schell, Oxford Mindfulness Centre, 15 et 22 février 2022
- Retraite “Dialogue conscient” animée par Florence Meyer-Meleo, 25-30 juin 2022 aux Amanins, organisée par l’ADM.

Symposium Movember “feeling blue”: quelques enjeux de santé mentale masculine”, 16 novembre 2022, Service de médecine de premier recours, HUG.

Retraite Vipassana via zoom “Die drei Dimensionen der Achtsamkeit” donnée par John Peacock du 20 au 27 novembre 2020, organisée par le European Center for Mindfulness.

- Atelier “Prise en charge du risque suicidaire en pratique”, donné par Jean-Luc Ducher, le 18 mars 2023, organisé par l’ASPCo.
- Atelier résidentiel "Présence au Cœur du Soins" animé par Raphael Bonvin et Olivier De Lathouwer, du 17/4 au 21/4 2023, Suisse.
- Symposium à l’occasion du départ à la retraite du Prof Bondolfi, Faculté de Médecine et HUG, 20 septembre 2023, Genève.
- Conférence, Trish Bartley, IOG Model, en ligne, organisée par l’ADM, 11 janvier 2024

MINDFULNESS-BASED PROGRAMS INSTRUCTED

- 1 MBSR program for professionals (7 sessions, group of 40 participants), instructed with Dr Bondolfi, November-December 2006, Geneva University Hospitals (HUG).
- almost 60 MBSR programs for patients (mixed sometimes with professionals) instructed mainly alone (sometimes in co instruction), groups of 8-15 participants, from 2007 and to date, Geneva University Hospitals (HUG).
- 3 MBCT programs with remitted unipolar patients, co-instructed in the context of a clinical research trial, Geneva University Hospitals (HUG).
- 2 MBCT program with remitted unipolar patients, instructed alone in the context of a clinical research trial, Geneva University Hospitals (HUG).
- 4 MBCT programs with bipolar patients, co-instructed in the context of an open feasibility research trial, Geneva University Hospitals (HUG).
- 7 MBCT programs with unipolar patients, instructed alone, Geneva University Hospitals (HUG).
- 6 MBCT programs with bipolar patients, instructed alone, Geneva University Hospitals (HUG).
- 6 MBCT for life programs instructed with Françoise Jermann in clinical and research settings.
- Regular instruction of a 45' mindfulness-practice in common, for patients and professionals, from 2004 to date, Geneva University Hospitals (HUG).
- 4 séances de pratique en commun instruites dans le cadre de l'association Dialogai, association genevoise LGBTIQ+, Genève.

PEER INTERVISION

Intervision group sessions for MBSR instructors, with Jean-Philippe Jacques, Françoise Stuckelberger, Anne Gendre, Laurence Bovay, Manolita Farolan Doise, during year 2011-2012
Intervision group sessions for CBT psychotherapists from 2006 to date
Intervision group sessions for CBT supervisors from 2018 to date

STEP ACHIEVED TO DATE IN ORDER TO BECOME MBSR TEACHER (CENTER FOR MINDFULNESS IN MEDICINE, HEALTH CARE, AND SOCIETY, USA)

Foundational Training:

- MBSR in Mind-Body Medicine: 7 Day Residential Training (2010)
- Practicum in MBSR (2006):
- Teacher Development Intensive (TDI) (2007)

TRANSLATION

Translation into French of the MBCT training pathway with a few colleagues, 2017

SUPERVISION - ENSEIGNANTE

- Superviseuse accréditée ASPCo
- Enseignante attitrée du MAS en TCC (de l'ASPCo, l'Université de Genève et les HUG)
- Superviseuse et psychothérapeute formatrice reconnue du MAS en TCC de l'Unil, Lausanne
- Enseignante dans le cadre du CAS en interventions basées sur la Pleine conscience, HES-SO & Université de Genève, depuis 2014 (membre aussi du comité scientifique du CAS)
- MBCT Trainer and supervisor (CF Access MBCT)

MINDFULNESS ASSOCIATION

ADM (Association pour le développement de la Mindfulness)

OTHER ASSOCIATIONS

Member of

- FSP (Fédération Suisse de Psychologues), AGEPsy (Association Genevoise des Psychologues), ASPCo (Association Suisse de Psychothérapie cognitive), Alumni