



JUNE 11 – 14
2026

DBT MINDFULNESS RETREAT

practical course

with
Martin Bohus and Jan Glasenapp

Lama Tzong Khapa Institute - Pomaia (Pisa)

more info www.edbt.eu



School of
Cognitive
Psychotherapy

PRESENTATION

DBT- MINDFULNESS Retreat: Practical Course

Mindfulness is like music: you have to try it to understand it. Without a deep understanding, the experience often remains partial.

This is precisely the subject of this workshop: a balance between theory and personal practice. This type of training was developed by M. Linehan and M. Bohus and has been offered by them for many years in Germany at the Benediktushof.

The workshop is based on a further development of skills-based mindfulness. At the heart of the theory is the concept of *Wise Mind*, recently developed and significantly improved. At the heart of the practice is the experience of Zazen meditation, the core of Zen, guided by Zen master Jan Glasenapp.

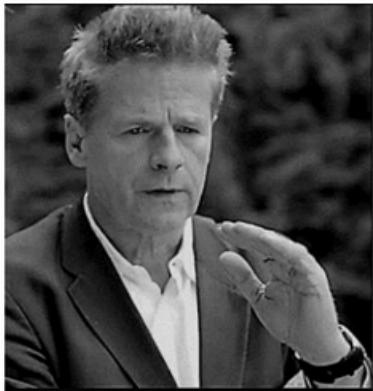
The theory is based on the worksheets from Martin Bohus' New Skills manual recently published by Cortina.

Participants should bring with them curiosity and a willingness to engage in their own experience to remain in silence.

The workshop will be held in English, with consecutive translation into Italian.

Nurses, professional educators, psychiatric rehabilitation technicians, and psychologists may apply the psychoeducational component as part of a multidisciplinary team that includes a psychotherapist, to ensure alignment in the understanding and application of the methodologies used. All other non-psychoeducational techniques are reserved exclusively for psychotherapists.

TRAINERS



Martin Bohus, MD, specialised in Psychiatry, Psychosomatic Medicine and Psychotherapy. From 2003 to 2021, he held the chair of Psychosomatic Medicine and Psychotherapy at the University of Heidelberg and was Scientific Director of the Central Institute of Mental Health (Mannheim). He currently holds a senior research fellowship at Ruhr University Bochum and is a visiting professor at the University of Antwerp and Harvard Medical School. Prof. Bohus has received various awards for his research in psychotherapy.

He was president of the European Society for the Study of Personality Disorders (ESSPD) and president of the German Association for DBT. He is currently president of the European DBT Association.

Prof. Bohus was president and promoter of the First International Congress on Borderline Personality Disorder in Berlin in 2010. He is the founding editor of the world's leading journal on borderline personality disorder (BPDED). Prof. Bohus has currently published over 450 papers and books, mainly on psychopathology and the development of treatment for Borderline Personality Disorder and PTSD.



Jan Glasenapp graduated with honors in psychology from Bielefeld University in 1997. He completed several postgraduate courses in psychotherapy, including client-centered therapy, transactional analysis, and cognitive-behavioral therapy. In 2001 he obtained certification as a psychotherapist and began working in his own practice in Berlin and later in Schwäbisch Gmünd.

Since 2003, he has been working as a training therapist and supervisor at various postgraduate training academies in psychotherapy. He also provides consulting and supervision services for psychosocial institutions. Since 2016, he has been a teaching therapist at Zhong-De-Ban and has held numerous training courses in China. He is an adjunct professor at various universities and has been working as a supervisor at Nanjing Brain Hospital since 2024.

He is a certified DBT therapist and has been a student of Zen with Marsha Linehan for many years, practicing according to the Chinese Chan tradition. Based on this experience, he supports colleagues applying mindfulness in psychotherapy. He has been given permission by Chan Master Abbot Ming Hai to teach Zen according to the Chan tradition.

PRELIMINARY PROGRAM

THURSDAY JUNE 11, 2026

DAY ONE

14:00-15:00 Registration of participants

15:00-17:00 **M. Bohus – J. Glasenapp:** Introduction to mindfulness theory and awareness in DBT

17:00-17:30 *Break*

17:30-19:00 **J. Glasenapp:** Introduction to Meditation Practice

19:30 *Dinner*

FRIDAY JUNE 12, 2026

DAY TWO

06:30-08:00 **Jan Glasenapp:** Mindful Morning Practice

08:00-09:00 *Breakfast*

09:00-10:30 **Martin Bohus:** Mindful Observing

10:30-11:00 *Break*

11:00-12:30 **Martin Bohus:** Mindful Describing

12:30-13:30 *Lunch*

13:30-14:30 *Break*

14:30-16:00 **Martin Bohus:** Mindful Participating

16:00-16:30 *Break*

16:30-18:30 **Jan Glasenapp:** Evening practice

19:30 *Dinner*

SATURDAY JUNE 13, 2026**DAY THREE**

06:30-08:00 ***Jan Glaserapp:*** Mindful Morning Practice
08:00-09:00 *Breakfast*
09:00-10:30 ***Martin Bohus:*** Wise Mind I
10:30-11:00 *Break*
11:00-12:30 ***Martin Bohus:*** Wise Mind II
12:30-13:30 *Lunch*
13:30-14:30 *Break*
14:30-16:00 ***Martin Bohus:*** Wise Mind III
16:00-16:30 *Break*
16:30-18:30 ***Jan Glaserapp:*** Evening Practice
19:30 *Dinner*

SUNDAY JUNE 14, 2026**DAY FOUR**

06:30-08:00 ***Jan Glaserapp:*** Morning practice
08:00-09:00 *Breakfast*
09:00-10:30 ***Jan Glaserapp – Martin Bohus:*** Applying Mindfulness in Working with Patients
10:30-11:00 *Break*
11:00-12:30 ***Jan Glaserapp – Martin Bohus:*** Questions and Answers
12:30-13:30 Lunch and Farewell

GENERAL INFORMATION

This workshop has a limited number of places and it is restricted to the first 70 attendees. It will be held exclusively in person and is intended for psychologists, psychotherapists, psychiatrists, and child neuropsychiatrists. It is also open to nurses, professional educators, and psychiatric rehabilitation technicians who work as part of a DBT team. A basic knowledge of DBT is recommended.

The training will be held in English with consecutive translation into Italian.

CME credits will be available for Italian attendees only.

REGISTRATION AND REGISTRATION FEES

The workshop has limited space and will be confirmed upon reaching a minimum number of registrants, so we invite you to register as soon as possible.

International attendees: for registrations and information please contact zenretreat@edbta.eu

Registration fees:

- REDUCED RATE VALID UNTIL JANUARY 31, 2026 EUR 350 VAT EXEMPT
- REGULAR FROM FEBRUARY 1, 2026 EUR 450 VAT EXEMPT

Registration fees include: admission to the training course and certificate of attendance.

Registration fees do not include meals or accommodation. Participants who stay overnight at the Institute will have full board included, while those attending the retreat without overnight accommodation can purchase meals directly at the Institute.

International attendees must first register for the course and then pay the due fee by bank transfer in favour of:

Sparkasse Freiburg-Nördlicher Breisgau
EUROPEAN DIALECTICAL BEHAVIOUR THERAPY ASSOCIATION
IBAN DE71 680501010014451573
BIC FRSPDE66XXX

The payment reference must include the participant's full name and the wording: "DBT MINDFULNESS 2026".

Cancellation by the participant:

- Cancellations made on or before March 13, 2026 will be refunded with a 50% cancellation fee
- Cancellations made from March 14, 2026 onward are non-refundable.

Any refunds will be made by bank transfer at the end of the course.

The event will be confirmed once a minimum number of participants has been reached. If the workshop cannot take place (e.g., minimum number of participants not reached), the fees paid will be refunded. In cases of insufficient enrolment, force majeure, or if in-person events are prohibited by national or local authorities, possible changes will be considered, such as postponing the event.

We recommend booking flights, trains, or hotels with refundable or changeable rates. The Secretariat cannot be held responsible for any costs or penalties arising from cancellations or postponements of the workshop.

TRAINING VENUE

LAMA TZONG KHAPA INSTITUTE

Via Poggiberna 15

56040 – Pomaia (PI)

Website: <https://www.iltk.org/>

Nestled in the Tuscan countryside, within a charming castle, the Lama Tzong Khapa Institute is one of the most prestigious Buddhist centers in Europe.

The closest station to Pomaia, where the Institute is located, is Rosignano, which can be reached by regional trains. The fastest trains stop at Cecina, which is 12.5 miles away.

How to get to ILTK: <https://www.iltk.org/en/come-arrivare/>

ACCOMMODATION AND MEALS

On request, it is possible to book accommodation at the institute on a full-board basis or meals only during the day.

We recommend staying at the Institute to fully immerse yourself in the retreat experience.

The Lama Tzong Khapa Institute has guest rooms in the main building and in the park, in very comfortable wooden cabins. The single cabins also have air conditioning.

Rates per person, per night	1 Night	Minimum 2 nights
TYPE OF ACCOMMODATION	Accommodation + Full Board	Accommodation + Full Board
BED IN DORMITORY ROOM	€52	€47
BED IN SHARED ROOM	€56	€51
BED IN DOUBLE ROOM WITHOUT BATHROOM	€66	€60
BED IN SINGLE WOODEN CABIN (SHARED BATHROOM WITH ADJACENT CABIN)	€82	€
BED IN DOUBLE WOODEN CABIN (SHARED BATHROOM WITH ADJACENT CABIN)	€71	€
CAMPER PARKING	€11.50 PER NIGHT PER PERSON INCLUDING SERVICES (BATHROOM, SHOWER). BOOK DIRECTLY WITH THE LAMA TZONG INSTITUTE SECRETARIAT	

All accommodation rates are per person, per night and include full board (breakfast, lunch, and dinner). Meals are provided from dinner on the first day to lunch on the last day.

For those not staying at the institute, meals can be booked and paid for directly on-site.

Costs per person, per day/per meal:

Breakfast €4 Lunch or dinner €15

Booking procedures for accommodation and meals will be published on the event website once the course is confirmed.

EVENT WEBSITE

For further information and updates please visit <https://edbta.eu/>
Italian attendees: <https://www.fullday.com/dbt-mind-2026>

ORGANIZING COMMITTEE AND SCIENTIFIC SECRETARIAT

Paola Bertulli, Francesco Mancini, Elena Prunetti, Maria Elena Ridolfi, Roberta Rossi

ORGANIZATIONAL SECRETARIAT



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