

**TWO YEAR TRAINING IN
MINDFULNESS- AND COMPASSION-ORIENTED
INTEGRATIVE PSYCHOTHERAPY
(MCIP)**

Hybrid format: in-person (Ljubljana, Slovenia) and online
Two-year training course (2026/2027)

**Course leaders:
Prof. Gregor Žvelc and assist. prof. Maša Žvelc**

Mindfulness- and compassion-oriented integrative psychotherapy is an approach to psychotherapy that integrates relationally-focused integrative psychotherapy (Erskine, 2015) with mindfulness and compassion-based approaches. The aim of this two-year course is to develop the essential skills and competencies of the MCIP. The training empowers therapists to embody the wisdom of mindfulness and compassion while also learning specific methods and interventions that promote mindful awareness and self-compassion in clients. The approach is described in detail in a book published by Routledge: *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (Žvelc & Žvelc, 2021).

About the training

MCIP training is advanced psychotherapy training designed for mental health professionals and psychotherapists with an established practice in psychotherapy or counselling. It is open to certified psychotherapists and clinicians, as well as to psychotherapists in clinical training with at least three years of supervised client work.

The training consists of 120 hours of professional training per year, including five weekend workshops annually, and an online mindfulness/self-compassion skills training (held weekly over two months). The program includes didactic teaching, case presentation, live demonstrations, relational group process, the supervised practice of skills in small groups, and analyses of transcripts.

The training leads to a certificate in Mindfulness- and Compassion-Oriented Integrative Psychotherapy (MCIP), issued by the Institute for Integrative Psychotherapy and Counselling.

First workshop: 27–29th March 2026

Applications

Enrolment for the first year of MCIP training is open. The tuition fee for the first year is €2,400 + 22% VAT, payable in five instalments.

Interested professionals are asked to submit the following documents to prijave@ipsa.si:

- 1) CV
- 2) Copy of official documentation confirming certification in psychotherapy or
- 3) Documentation confirming participation in a psychotherapy training program and at least three years of supervised clinical practice.

Course trainers

Prof. Gregor Žvelc, PhD, a clinical psychologist, is a full professor at the Department of Psychology (University of Ljubljana). He is the co-founder of the Institute of Integrative Psychotherapy and Counselling. He is a Certified International Integrative Psychotherapy Trainer and Supervisor (IIPA, EAIP) and TSTA (EATA). In 2019, he was awarded the first professional award from the International Integrative Psychotherapy Association.

Assist. Prof. Maša Žvelc, PhD, Integrative Psychotherapist (EAIP, IIPA), International integrative trainer and supervisor (IIPA, EAIP; EUROCCPS). She is a director of the Institute of Integrative Psychotherapy and Counselling (Ljubljana, Slovenia). Maša is also an Assistant Professor of Psychology at the University of Primorska.

Maša Žvelc and Gregor Žvelc are co-authors of two books published by **Routledge**:

- *Mindfulness and Compassion in Integrative Supervision (2024)*
- *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach (2021)*

The two-year programme will also include other trainers of mindfulness approaches:

Jan Benda, PhD, Melita Košak, CTA, PTSTA and Mateja Škorc, CTA, PTSTA

Contact:

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