

Deeping Presence in the Therapeutic Setting:

How Cultivating a Mindfulness Practice Has Significant Benefits for both Clinician & Client

This experiential workshop will provide therapists with a working definition of mindfulness, its background and contextual framework for clinical application, as well as research based evidence to support its merits. Hands on tools will be demonstrated in how to develop (or deepen) their own mind-fullness practice, as well as how to introduce mindfulness to their clients and use it as a therapeutic modality. This workshop will introduce and demonstrate tools for clinicians helping clients increasing their window of tolerance and develop a new relationship with painful thoughts/emotions/sensations. Mindfulness has been scientifically proven to be effective in decreasing symptoms of depression, PTSD, stress, anxiety and chronic pain while overall increasing quality of life.

Joree Rose, LMFT#93545



Founder of the Bay Area Mindfulness & Therapy Center, has a masters degree in counseling psychology and is a licensed Marriage & Family Therapist. Through the cultivation of a deep personal practice and extensive professional training, Joree has created original curriculum for her mindfulness classes and has spoken at many local and national conferences on the implementation and maintenance of a mindfulness practice. Joree also works individually and with couples in how to navigate difficult transitions in their lives, parenting struggles, relationship enhancement and divorce support.

To learn more about the services Joree provides, please visit:

Www.mindfulnessandtherapycenter.com or contact her at: Joree@comcast.net

Training will Include:

- ◆ Foundational introduction to a mindfulness practice, for both personal and professional development
- ◆ Research based evidence supporting the ability to rewire the brain to create more skillful and intentional responses
- ◆ Skillful ways to introduce mindfulness into the therapy session
- ◆ Appropriate language for secular application of this ancient contemplative practice
- ◆ Tools for how to be more present

By the end of training, participants will:

- ◆ Identify at least 3 ways to cultivate, or deepen their own personal mindfulness practice and ways to integrate their own mindfulness practice into the therapeutic setting.
- ◆ Be able to discern which mindfulness tools are appropriate for their client's presenting problems, and how to introduce them to clients.
- ◆ Be able to distinguish when mindfulness is contraindicated.

When: November 9, 2018 (Friday) 9:30am-12:30pm

Location: Livermore Library Community Room B-Enter thru CAFÉ 1188 S. Livermore Avenue, Livermore,

Cost: LMFT's, LCSW's, LPCC's, LEP's \$75

\$10 Discount for EBCAMFT members!

All Associates \$35 (no additional EBCAMFT discount)

To register: <http://events.eventzilla.net/e/mindfulnessdeeping-presence-in-the-therapeutic-setting-2138953726>

Www.eventzilla.net Type in Mindfulness or go to www.anthroposcounseling.org.

Space is limited, advance registration required.

Refunds for cancellations with 72 hour notice. ADA—Please contact Anthropos at (925)449-7924 to confirm.



CAMFT Approved Continuing Education Provider#141745

Anthropos Counseling Center is approved by the California Association of Marriage & Family Therapists to sponsor continuing education for LMFT's, LCSW,s,LPCC's, & LEP's. Anthropos maintains responsibility for this program/course and its content.

3 Continuing education credits will be provided to participants. Course completion certificates will be distributed at the seminar. Course meets the qualifications for 3 hours of continuing education credit for LMFT's, LCSW,s, LPCC,s and LEP,s as required by the California Board of Behavioral Sciences. Contact Mary Kennard, Executive Director at Anthropos Counseling Center to report any grievances. mkennard@anthroposcounseling.org

