

Mindfulness–Based Stress Reduction Workshops for Professionals

7 CEs Available

Mental Health Professionals Workshop Friday, November 7, 2008

Objectives

- Introduce the axioms of mindfulness, and review the neurobiology of practice
- Review the evidence for mindfulness-based interventions in psychotherapy
- Directly experience key mindfulness practices
- Learn how mindfulness can increase therapeutic presence and empathy
- Experience and learn to teach simple practices to clients

Medical Professionals Workshop Friday, December 5, 2008

Objectives

- Introduce the axioms of mindfulness: and review the neurobiology of practice
- Survey the MBSR evidence base for a wide range of specific medical conditions as well as for promoting professional wellness
- Experience the key practices of MBSR
- Discover ways to increase therapeutic presence and counteract compassion fatigue
- Learn simple practices for immediate use with patients

both workshops will be presented by
Diane Reibel, PhD



Diane has been teaching MSBR for 16 years. She co-founded the Stress Reduction Program at the Jefferson-Myrna Brind Center of Integrative Medicine in 1996, and currently serves as their Director of Professional Education and Development. She is a Research Associate Professor in the Department of Emergency Medicine and the Department of Molecular Physiology and Biophysics at Jefferson, and studies the effects of mindfulness on physical and psychological health. Her research is published and widely cited in both scientific journals and the popular press.

Donald McCown, MAMS, MSS



Don teaches MBSR in Jefferson's Stress Reduction Program, and directs the Mindfulness at Work initiative, bringing MBSR to corporations, nonprofit organizations, and professionals. Don is also a Lecturer in the Jefferson College of Health Professions, teaching MBSR to undergraduate and graduate students. He is also a staff therapist at Council for Relationships, where he integrates mindfulness in his work with families. He publishes and presents on mindfulness and its applications in mental health care and the workplace.

Register Today! Call 1-800-JEFF-NOW.
Or fill out and mail in the attached pdf registration form.

Mindfulness is changing the practice of medicine and psychotherapy

Medical research has shown significant benefits for patients, including reduced physical and emotional pain, improved vitality, and increased coping skills in people with various medical conditions, including, cancer, chronic pain, autoimmune disorders, cardiovascular disease, and gastrointestinal disorders. Psychological studies are confirming efficacy in treatment of issues from anxiety and depression to substance abuse and eating disorders to personality disorders and relationship issues.

More important is how mindfulness is helping clinicians to cultivate greater therapeutic presence and improve personal well being.

Choose the workshop to best fit your interests and your schedule

The two workshops share much of the information on the personal development of the clinician, and the group experiential exercises are the same. This means that it is possible for mental health professionals to benefit significantly from the workshop targeting medical professionals, and vice versa. CE's are available for both workshops.

Program Schedule

9:30 a.m. to 10 a.m. Registration and Continental Breakfast
10 a.m. to 5 p.m. Workshop, including Faculty Roundtable Lunch

Location

Thomas Jefferson University
Bluemle Life Sciences Building
10th and Locust Streets
Philadelphia, PA, 19107

Workshop Fees

All workshop fees include continental breakfast, faculty roundtable lunch and all workshop materials. The cost for CEs is additional.

The basic fee for this workshop is **\$149**.

A special rate of **\$129** is available for Jefferson, Main Line Health, and affiliate employees. This includes employees of Methodist Hospital Division, the Rothman Institute, Wills Eye Hospital, and the duPont Hospital for Children. An academic courtesy rate of **\$99** is available for full-time students, interns and residents with ID.

Cancellation Policy

Jefferson reserves the right to cancel a program due to insufficient enrollment or any unforeseen circumstances. Under such circumstances, all fees will be fully refunded.

Registered participants who wish to cancel their registration will receive a full refund if the cancellation occurs (by date of phone call, fax, or postmarked mail) within one week prior to the date of the program. No refund will be given for cancellations dated less than one week preceding the program.

For additional information, check our web site at www.jeffersonhospital.org/cim.

Learn the theory and have the experience

These workshops offer a balance of didactic content and individual and group experiences.

The workshop for Mental Health Professionals is geared towards psychologists, clinical social workers, professional counselors, marriage and family therapists, and addictions counselors. The didactic material covers MBSR, plus other mindfulness-based psychotherapeutic interventions.

The workshop for Medical Professionals is intended for physicians, nurses, occupational therapists, physical therapists, hospital social workers, and other health professionals. It emphasizes the evidence base for MBSR in a wide range of medical conditions.

Continuing Education Information

7 Continuing Education Hours are available.

Nurses, OT/PT and other health care professionals

The Department of General Studies, JCHP is a co-sponsor of this workshop. 7 credit hours will be awarded for healthcare professionals who complete this workshop.

Cost: \$10. Checks to be made out at the workshop conclusion to "Thomas Jefferson University".

Licensed Psychologists

Council for Relationships is a co-sponsor of this workshop, and they have been pre-approved by the American Psychological Association (APA) for workshops earning APA CEUs. 7 credit hours will be awarded for completion of this workshop.

Cost: \$35. Checks to be made out at the workshop conclusion to "Council for Relationships".

**COUNCIL
FOR
Relationships**

Social Workers, Marriage and Family Therapists and Professional Counselors

National Association of Social Workers (NASW) Pennsylvania Chapter is a co-sponsor of this workshop and 7 credit hours will be awarded for its completion. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers, Marriage and Family Therapists and Professional Counselors (Section 47.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

Cost: \$10 for NASW members and \$15 for non-members. Checks to be made out at the workshop conclusion to "NASW".

Jefferson-Myrna Brind Center of Integrative Medicine

Our mission is to bring together the best conventional medicine with complementary approaches to healing through patient care, research and education.

The Center has a leading role in the evaluation and application of promising complementary approaches to healing. At its clinical site, Jefferson physicians bring a mind-body-spirit approach to patient care and include natural medicines in their comprehensive treatment of acute and chronic illness. Center therapists provide nutritional counseling, acupuncture, massage therapy, mindfulness-based stress reduction and other mind-body therapies. The Center's clinical practice is located in Suite 6215 of the Gibbon Building, 11th and Chestnut Streets, in center city Philadelphia.