

MINDFULNESS BEYOND THE BASICS: FITTING THE PRACTICE TO THE PERSON



DR. RONALD D. SIEGEL, PsyD

Dr. Ronald D. Siegel is Assistant Professor of Psychology, part time, Harvard Medical School; serves on the Board of Directors and faculty, Institute for Meditation and Psychotherapy; is author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain* and *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; and coeditor of *Mindfulness and Psychotherapy, 2nd Edition*.



Mindfulness is not a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. This workshop will explore seven important clinical decisions to consider when deciding when and if to introduce different practices into treatment of individuals with different needs, including those with unresolved trauma histories, addictions, and narcissistic struggles.

OBJECTIVES OF THE SEMINAR FOR PROFESSIONALS:

- Describe the three core elements of mindfulness practice
- Identify common denominators in psychological difficulties
- Specify seven ways that mindfulness practices can be tailored to the needs of particular types of clients
- Describe the core attitude toward experience found in addictions and how mindfulness practice can help to transform it.
- Specify the dynamics of narcissism and feelings of inadequacy and how mindfulness practices can address them.
- Indicate the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice.
- Specify the core dynamic of chronic pain and other psychophysiological disorders and how mindfulness practice can help in its relief

Date: June 18, 2018

Location: St Paul University
233 Main St.
Ottawa, ON K1S 1C4

Time: 9:00 am - 4:30 pm

Cost: Early Bird (before May 18, 2018)
\$199 + HST
Regular Admission
\$225 + HST
Group & student rates avail.

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- **CCPA Accredited Seminar 6 CEU**
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