

“Mindfulness for Clients and Ourselves: Concepts, Benefits, and Practices”, sponsored by the Delaware Psychological Association, has been approved for 3 CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

IMPORTANT NOTICE: THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE THREE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVING BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDITS.

Cancellation Policy

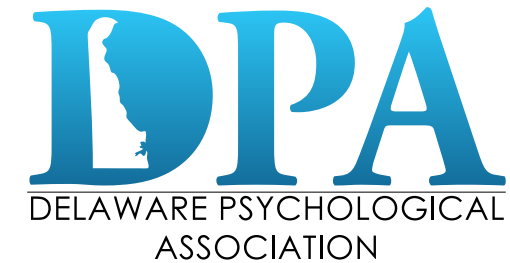
Cancellations received up to one week before the workshop will receive a full refund less a \$25 administrative fee. No refunds will be granted for cancellations received less than one week before the workshop.



P.O. Box 718
Claymont, DE 19703-0718
Address Service Requested
www.depsych.org
(302) 475-1574 (voice & fax)

MINDFULNESS FOR CLIENTS AND OURSELVES: *Concepts, Benefits, and Practices*

Sponsored by the
Delaware Psychological Association



Friday, March 16, 2018

9 AM to 12:15 PM

at the
Delaware Center for Horticulture
1810 North Dupont St.
Wilmington, DE 19806

Registration and Breakfast: 8:15 AM

Three (3) Continuing Education Credits

ABOUT THE PRESENTERS

KRIS BRONSON, PH.D., is a Licensed Psychologist in private practice in Wilmington, DE. She provides individual and group counseling and psychotherapy for teens through older adults and organizational consulting and training. Kris presents locally, nationally, and internationally on topics including mindfulness, stress reduction, career development, and counselor training, using a style that is goal-oriented, supportive and collaborative.

RACHEL DALTRY, PSY.D., is a Licensed Psychologist who provides individual, couples, and group counseling both in private practice as well as at West Chester University's Counseling Center. Rachel works with adolescents and adults of all ages on a broad range of concerns. Her specialties include treating anxiety and working with athletes and other professionals facing performance enhancement problems. Rachel presents locally and nationally on topics including anxiety, stress reduction, mindfulness, Acceptance and Commitment Therapy, sports psychology, and clinical supervision.

KRIS AND RACHEL have presented on mindfulness to a wide range of audiences: healthcare providers including physicians, psychologists, social workers, counselors, and nurses, university faculty and staff, undergraduate students, graduate students, high school teachers, staff, and administrators, residents of a continuing care retirement community, those living with Parkinson's Disease and caregivers.

WORKSHOP DESCRIPTION

Mindfulness and mindfulness-based therapies have recently gained attention in behavioral health. This intermediate workshop will present an overview of the concepts, benefits, and practices of mindfulness. We will describe ways to teach clients how to engage in the

present moment, with their internal experiences, and how to apply mindfulness practices in therapy. Participants will learn how to bring mindfulness to their role as therapists as well as into daily life. Throughout this interactive workshop participants will discuss and learn mindfulness skills, practices, and techniques. We will discuss how multicultural factors including age, gender, religion, and spirituality may impact using mindfulness with clients. Empirical support for the efficacy of mindfulness and helpful resources for further learning will also be presented.

WORKSHOP OBJECTIVES

At the completion of this workshop, you will be able to:

- Explain what mindfulness is.
- Explain the importance of a person's being connected with their internal experiences and of being more present-moment focused.
- Apply specific mindfulness practices in therapy and in your own life.
- Anticipate and address concerns and misconceptions clients raise related to mindfulness practices.
- List and recommend resources for further learning and additional practice.

WORKSHOP SCHEDULE

8:15- 9:00 am	Registration and continental breakfast
9-10:30 am	Introduction and review of mindfulness, Mindfulness concepts
10:30-10:45 am	15 minute break
10:45-11:45 am	Benefits of Mindfulness for clients and therapists, Teaching and troubleshooting mindfulness with clients
11:45-12:15 pm	Conclusions, case examples, questions, and complete evaluations

In the event of inclement weather, please check the DPA website or listen to WDEL 1150 AM radio for cancellation information.

REGISTRATION

Name (as it should appear on name tag)

Degree/Position/Title

Mailing Address

City, State, Zip Code

Email Address

Phone Number

THREE EASY WAYS TO REGISTER!!

- Register online at www.depsych.org
- Telephone the DPA office at (302) 475-1574
- Complete and Mail this registration form with your check, MasterCard, Visa or American Express number to:
Delaware Psychological Association
P. O. Box 718
Claymont, DE 19703-0718
Please make checks payable to DPA

DPA Member (circle one) YES NO

DPA MEMBER:

FEE: DPA members	\$75
Non-DPA members	\$105
Students	\$25

Credit Card #

Expiration Date:

CV Code (on back of card)

Today's Date:

MasterCard VISA American Express

Signature