

AGENDA

Mindfulness Workshops

Tailoring Mindfulness: Fitting the Practice to the Person

with Ron Siegel, Psy.D.

Mindfulness-based psychotherapy is the most popular new treatment approach in the last decade—and for good reason. Mindfulness practices hold great promise not only for our own personal development, but also as remarkably powerful tools to augment virtually every form of psychotherapy. Mindfulness is not, however, a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. Practices need to be tailored to fit the needs of particular individuals—and this workshop will show you how.

THURSDAY, November 9, 2017 (6.0 hrs)

9:00-10:30 am

Mindfulness: What Is It Really?

The three pillars of mindfulness

What mindfulness is and isn't

How to cultivate mindfulness both inside and outside of the therapy hour

10:30-10:45 pm – Break –

10:45-12:15 pm

How Mindfulness Works

Identify the common factors in virtually all psychological disorders

Learn how to use mindfulness practices as their antidote

Discover how mindfulness can boost the effectiveness of all forms of treatment

12:15-1:30 pm

– Lunch on your own –

1:30-3:00 pm

Fit The Practice To The Person

Learn seven guidelines to tailor techniques to particular patients or clients

Discover special practices for trauma survivors, fragile individuals, and others for whom meditation can be difficult or dangerous

3:00-3:15 pm – Break –

3:15-4:45 pm

Befriending Fear: Treating Anxiety Disorders

Use mindfulness practices to overcome anxiety by befriending fear

Practice CBT on steroids: embracing the wisdom of insecurity

Beyond Symptom Management: Resolving Stress-Related Disorders

See how psychophysiological disorders can be doors to personal development