

Mindfulness Tools for Health Care Professionals: A One-Day Workshop

An Introduction to the Theory, Practice and Application of Mindfulness

Presented by

The Mindfulness Institute, Jefferson-Myrna Brind Center of Integrative Medicine

Friday, May 20, 2016
9:30 a.m. to 4:30 p.m.

Mindfulness Institute

1013 Chestnut Street
Philadelphia, PA 19107



This workshop offers a balance of didactic content and experiential learning. The didactic material emphasizes the current research on the benefits of mindfulness-based interventions used with a wide range of diagnoses and populations. The experiential modules offer an introduction to key mindfulness practices for reducing stress and enhancing therapeutic presence, and give clinicians and educators a chance to learn how to guide several simple practices that can be used with clients and patients.

Workshop Objectives

Participants will be able to:

- Define mindfulness and describe the attitudinal foundations of mindfulness
- Review the evidence for mindfulness-based interventions in medicine and psychotherapy
- Directly experience key mindfulness practices and assess the effects on mind and body
- Apply techniques of mindful communication
- Utilize mindfulness practices to increase therapeutic presence and counteract compassion fatigue
- Apply simple mindfulness practices for use with clients and patients

Who should attend

This workshop is intended for clinical professionals in mental health and medicine, including psychologists, clinical social workers, nurses, physicians, professional counselors and marriage and family therapists, and physical and occupational therapists.

Workshop Fees

The basic fee for this workshop is \$129. A special rate of \$109 is available for Jefferson and Abington and affiliate employees. An academic courtesy rate of \$89 is available for full-time students, interns and residents with ID. **There is no additional cost for contact hours for nurses. The cost for CEs for social workers and psychologists is additional.**

Program Schedule

9 to 9:30 am	Registration
9:30 am to 12:30 pm	Morning session
12:30 to 1:30 pm	Lunch (on your own)
1:30 to 4:30 p.m.	Afternoon session

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(1-800-533-3669)

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Continuing Education Information

Nurses

Thomas Jefferson University Hospital is an approved provider of Continuing Nursing Education (CNE) by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **A maximum of 6 nursing contact hours will be awarded for this program.** The participant must attend the entire program to be eligible for the full contact hour credit.

Cost: No additional fee for nursing contact hours

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 **6 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: \$15 for NASW members and **\$25** for non-members. Checks to be made out at the workshop conclusion to "NASW."

Licensed Psychologists

This program is co-sponsored by the Philadelphia Society of Clinical Psychologists and Jefferson Myrna Brind Center of Integrative Medicine. The Philadelphia Society of Clinical Psychologists is approved by the American Psychological Association to sponsor Continuing Education for psychologists. The Philadelphia Society of Clinical Psychologists maintains responsibility for the program and its content. **This program provides 6 Hours of CE credits for Psychologists.**

Cost: \$30 Checks to be made out at the workshop conclusion to "PSCP."

Faculty Presenters

Diane Reibel, PhD



Dr. Reibel is the Director of the Mindfulness Institute at Jefferson-Myrna Brind Center of Integrative Medicine and a Clinical Associate Professor in the Department of Emergency Medicine at Sidney Kimmel Medical College. She has been teaching Mindfulness-Based Stress Reduction (MBSR) for over 18 years and is a certified MBSR teacher through the Center for Mindfulness at University of Massachusetts Medical School. In addition to her passion for teaching mindfulness she studies the physiologic effects and health outcomes of mindfulness training and her research is published and widely cited in both scientific journals and the popular press. Dr. Reibel is coauthor of the book *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*.

Aleezé Moss, PhD



Dr. Moss is the Associate Director of the Mindfulness Institute at Jefferson-Myrna Brind Center of Integrative Medicine. She is a senior mindfulness instructor and a research associate. She teaches Mindfulness-Based Stress Reductions to groups, individuals, health care professionals, medical students and employees in corporate settings. In addition to teaching, she conducts qualitative research on the effects of MBSR on physical and psychological health. She has co-authored numerous papers on mindfulness in peer-reviewed journals. She is also a certified yoga teacher.

Susan Stabler-Haas, APRN-BC, LMFT



Susan has been a registered nurse for over 30 years and has worked in many different areas of nursing. She is a psychiatric mental health nurse specialist and an adjunct faculty member at Villanova University's School of Nursing. She has co-facilitated MBSR classes and workshops for the past several years and has conducted research on the effects of MBSR on test anxiety for nursing students. Susan has co-authored *Fast Facts for the Clinical Nursing Instructor*, and has a new book, *Fast Facts for the Student Nurse*, 2012.

To register, call 1-800-JEFF-NOW (1-800-533-3669).

For more information, visit Jefferson.edu/Mindfulness, and click on 'Professional Training'