



**The Gift of the Present:  
Integrating **Mindfulness**  
Based Therapy Into Your  
Practice**

Wednesday, May 31, 2017

9 a.m. - 4:30 p.m.

Location:

Cumberland County Partnership for Children  
351 Wagoner Drive  
Ste. 200, Charles Morris Room (Rm. 1256)  
Fayetteville, NC 28303

## Target Audience

This program is designed for mental health professionals including psychologists, social workers, case managers, therapists, substance abuse professionals, and counselors. Other interested mental health professionals are invited to attend.

## Program Description

Mindfulness-based therapy is an evidence-based practice that combines elements of cognitive behavioral therapy with meditative practices and attitudes. Mindfulness can provide clients with specific techniques for enhancing self-awareness, emotion regulation, distress tolerance, and attentional control, while also cultivating qualities of acceptance, compassion, and cognitive flexibility. In addition to the benefits that are promoted for clients, clinicians can also benefit from practicing mindfulness, as therapist mindfulness practice is associated with decreased mental fatigue, stress, and anxiety; improved empathy and compassion; attention to therapeutic process; and enhanced therapeutic efficacy.

In this training, Dr. Zerubavel will provide guidance on how to integrate this evidence-based approach into one's current psychotherapy practice. Participants will learn to teach mindfulness as a way to reduce maladaptive cognitive processes such as rumination and worry. Participants will also gain skills in helping clients to use mindfulness to identify habitual patterns, evaluate whether these patterns are adaptive or maladaptive, and recognize choice points in their daily lives for decisions that can be informed by self-awareness and wisdom. No prior knowledge of mindfulness is assumed. Discussion will emphasize both formal meditative practices and informal mindfulness practice (as an approach to activities or experiences). The training will involve learning through various methods, including lecture, experiential practice of guided mindfulness meditation, and small group work.

## Objectives

Upon completion of this workshop, participants will be able to:

- Describe rationale for how mindfulness practice can benefit the treatment of a variety of mental health issues;
- Summarize how mindfulness techniques can foster awareness, and how this awareness serves as a basis for changes in behavior informed by a client's wisdom;
- Discuss basic theoretical concepts of a mindfulness-based therapy framework such as stepping out of auto-pilot and cultivating acceptance; and
- Demonstrate strategies for using mindfulness to facilitate cognitive defusion.

## Fee

\$109.00 if registration and payment are postmarked on or before May 24, 2017; \$119.00 thereafter.

## Speakers

**Noga Zerubavel, Ph.D.**, is a licensed psychologist and an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. Dr. Zerubavel established the Mindfulness-Based Cognitive Therapy (MBCT) program at Duke University Medical Center. She has been practicing meditation for twenty years and completed professional training for MBCT with Dr. Zindel Segal, a developer of MBCT. Dr. Zerubavel specializes in mindfulness-based cognitive behavioral approaches to psychotherapy in individual and group formats, including MBCT and dialectical behavioral therapy (DBT). She has conducted numerous professional trainings on mindfulness-based cognitive behavioral therapy to various audiences of mental health professionals and has educated and supervised psychiatry residents and psychology graduate students in mindfulness-based cognitive behavioral therapy. Dr. Zerubavel is the Director of the Stress, Trauma,

and Recovery Treatment Clinic at Duke. She specializes in working with individuals who have experienced interpersonal victimization, including intimate partner violence and sexual trauma. She also works with individuals with mood, anxiety, substance use, eating disorders, and personality disorders in the Cognitive Behavioral Research and Treatment Program and the Duke Center for Eating Disorders.

## Agenda

8:30 a.m. - 9 a.m.	Registration / Introduction
9 a.m. – 10:30 a.m.	Understanding and Practicing Mindfulness
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 12 p.m.	Mindfulness-based Therapy as a Framework for Treatment
12 p.m. – 1 p.m.	Lunch (on your own)
1 p.m. – 2:30 p.m.	Changing a Client's Relationship to Thoughts and Feelings
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:30 p.m.	Mindfulness for the Therapist and Enhancement of Therapy
4:30 p.m.	Adjournment

## Credit

C.E.U.: 0.6

Contact Hours: 6.0

Credit will be awarded to participants who attend 100% of the program. SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists. Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362.



Programs that do not qualify for NBCC credit are clearly identified. Southern Regional AHEC is solely responsible for all aspects of the programs. No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

## Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

## Contacts

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Kate Smith, Program Assistant Mental Health CE, SR-AHEC

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# Registration Form

Form may be duplicated.

*The Gift of the Present: Integrating Mindfulness  
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CASCE #52205/ MH170531

**Phone:** 910-678-7226 **Fax:** 910-323-0674

**Online:** <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=52205>

**Mail:** SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

Do not send email announcements of upcoming SR-AHEC programs.  Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

*The handouts for the program will be provided online through MyCE located on the SR-AHEC website: [www.sr-ahec.org](http://www.sr-ahec.org). Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.*

*For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>*

**Office Use Only:** Check Auth # \_\_\_\_\_ Date \_\_\_\_\_ From \_\_\_\_\_ Amount \$ \_\_\_\_\_

SR-AHEC.org  
1601 Owen Drive • Fayetteville, NC 28304  
(910) 678-7226

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**AHEC** | Area Health  
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