



# Mindfulness in Psychotherapy

Tailoring the Practice to the Person

Presented by

**Ronald D. Siegel, Psy.D.**

This course is designed to help clinicians use mindfulness practice to enhance their therapeutic presence and personal well-being, as well as to design mindfulness-based interventions for their clients or patients

## Objectives

After this seminar, you will be able to describe

- The three core components of mindfulness practice
- The experience of mindfulness practices
- Specifically how therapists can best choose which mindfulness exercises are most appropriate for which patients
- How the “self” is understood differently in western and Buddhist psychology

- How mindfulness practices can enhance therapeutic and other intimate relationships
- The core attitude toward experience found in depression and how mindfulness practice can help to transform it
- The mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice
- The core dynamic of chronic back pain and other psycho-physiological disorders and how mindfulness practice can help in its relief

**J&K Seminars Home Study Program - 12 hours CE Credit (Social Workers Receive 11 CE Credits)**

### Understanding and Practicing Mindfulness

- Life is Difficult, for Everyone
- Mindfulness: What Is It, And Why Should I Care?
- Cultivating Mindfulness: Formal and Informal Practice

### Key Insights from Mindfulness Practice

- Working with Restlessness, Doubt, and the Self-Critical Mind
- Narcissism: Not Just a Character Disorder
- Mindfulness as an Antidote to Loneliness and Alienation

### Mindfulness and Intimacy

- Tracking the Flow of Connection and Disconnection with Others
- Developing Empathy for Annoying People without Becoming a Saint
- Using Mindfulness to Enhance Intimate Relationships

### Mindfulness and the Science of Happiness

- Using Mindfulness to Tolerate Not Knowing
- The Problem with the Pleasure Principle
- How to Be Happy: Lessons from Science and Buddhist Psychology

### Fitting the Practice to the Person

- Common Elements of Mindfulness Practices
- Tailoring Mindfulness Techniques to Particular Patients
- Empirically Tested Mindfulness-Based Treatments

### Practices for Specific Populations & Disorders

- Mindfulness for Parents and Children
- Working with Depression: Entering the Dark Places Together
- Moving Toward Experience to Wake Up and Come Alive

### Working with Fear

- Overcoming Anxiety by Befriending Fear
- CBT on Steroids: The Wisdom of Insecurity
- Why Zebras Don't Get Ulcers: Our Evolutionary Design Flaw

### Mindfulness and Mind-Body Disorders

- Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain
- Using Mindfulness to Treat Stress-Related Problems
- Psychophysiological Disorders as Doors to Personal Development

## Ronald D. Siegel, Psy.D.

Dr. Siegel earned his Psy.D in clinical psychology from Rutgers University in 1983. Currently he is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 30 years.

Dr. Siegel is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness, psychotherapy, and mind/body treatment. He has also worked for many years in community mental health with inner city children and families, and maintains a private clinical practice in Lincoln, Massachusetts.

A contributor to many publications about mindfulness and psychotherapy, he is also a co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy. Dr. Siegel is known as an engaging and entertaining presenter whose workshops regularly receive rave reviews.

**Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA**

**Available for an additional fee - See Exam Enclosed**

## **Accreditations**

*J&K Seminars, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (12 clock hours)*

*J&K Seminars LLC, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2018 – 01/27/2021. Social workers completing this course receive 11 continuing education credits.*

*This course has been approved by J&K Seminars, LLC, as a **NAADAC Approved Education Provider**, for educational credits. NAADAC Provider #757, J&K Seminars, LLC is responsible for all aspects of the programing **American Occupational Therapy Association (AOTA)** – 1.2 hours*

***Pennsylvania Department of Education – Act 48** approved for (12 hours)*

***Pennsylvania Certification Board** (12 hours)*

*J&K Seminars, LLC is an approved provider of continuing education by the **Pennsylvania State Nurses Association**, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (12 hours)*

***Ohio** Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (12 hours)*

***State of Illinois** Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #129-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #168-000195 (12 hours)*

*This course is approved by the Association of Social Work Boards – **ASWB NJ** CE Course Approval Program. Provider 88 Course #2223 from 03/12/2019 to 03/12/2021 Social workers will receive the following type and number of credits: Clinical Practice 11*

*J&K Seminars, LLC, SW CPE is recognized by the **New York State** Education Department's State Board for Social Work as an approved provider of continuing education for **Licensed Social Workers** #SW-0174. (12 hours)*

*J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Marriage and Family Therapist** #MFT-0041 (12 hours)*

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*J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Marriage and Family Therapists** – Provider #824*

### **Course Completion Requirements**

- In order to receive CE credits for this program, you will need to watch/listen to the program, pass a post-test, and complete a course feedback form. The post-test and feedback form are included with the purchase of this program—no additional fee is required.
- You can submit your post-test though email, mail, or fax (online testing will be available soon).
- You must score at least 75% to pass your test. If you do not pass, one retest is permitted for a \$10 fee.
- There is no time limit to complete any post-tests.
- There is no additional fee to receive your CE certificate. Once we receive your passing post-test, we will mail your certificate within 24 hours, and can email your certificate upon request.