



Making Mindfulness Stick!
The Neuroscience of Mindfulness and Compassion

Presented by

Christopher Willard, Psy.D.

Thursday & Friday, September 19 & 20, 2019

Author of
Child's Mind
Growing Up Mindful
***Raising Resilience* and more**

Thursday & Friday, September 19 & 20, 2019

Wyndham Lancaster Resort & Convention Center
Lancaster, PA

Or attend via Live Webinar from any computer

Live Webinar Option

You can view this Seminar in real time as a live interactive Webinar on your computer via any high speed internet connection. Many states accept our Interactive Webinar attendance as Live CE credits.

Email jk@jkseminars.com for more information.

Audience

Human Service Professionals

Practice Level –Intermediate

- Psychologists
- Social Workers
- Mental Health Counselors
- School Counselors and Psychologists
- Drug & Alcohol Counselors
- Marriage & Family Therapists
- Case Managers
- Psychiatric Nurses
- Occupational Therapists
- Rehabilitation Counselors
- Graduate Students

12 CE Hours Credit for Most Mental Health Professions

- Psychologists
- Nurses
- Social Workers
- NBCC Counselors
- D&A Professionals
- Occupational Therapists

**All Professional Attendees Must Pick Up Their
Certificates at the End of the Seminar**

**Webinar attendees will receive their certificate in the mail
a week after the webinar**

Register Toll Free - (800) 801-5415



Making Mindfulness Stick! *The Neuroscience of Mindfulness and Compassion*

Presented by
Christopher Willard, Psy.D.

Thursday & Friday, September 19 & 20, 2019

Dr. Christopher Willard presents a two-day workshop for professionals interested in bringing mindfulness into their clinical practice.

This practical workshop focuses on adapting mindfulness for individuals and groups, young and old, in therapeutic, educational, medical and other settings. Participants will explore the importance of their practice, starting or deepening their own mindful self-care as caregivers. Dr. Willard will also cover strategies for building mindfulness programs in larger systems and institutions.

This workshop explores ways to adapt mindfulness to medical and mental health diagnoses, learning differences, cultural differences, and developmental differences.

Dr. Willard will discuss tailoring mindfulness techniques to a range of presenting issues, including depression, anxiety, ADHD, executive function challenges, addiction, impulse control difficulties, trauma and stress.

Objectives—Participants will be able to describe:

- How to implement mindfulness strategies for trauma, anxiety, depression, addiction, ADHD, child therapy and more
- How to integrate effective strategies to get clients practicing mindfulness
- The latest neuroscience of mindfulness and contemplative practices
- How to use evidence-based mindfulness, compassion, and self-compassion practices to build empathy and ward off burnout
- How to incorporate mindfulness when working with children and teens
- How to match the mindfulness practice to the patient and presenting concerns
- How to create a culture of mindfulness
- How to use mindfulness to break through resistance

Thursday, September 19, 2019

8:15 a.m. Registration (*continental breakfast*)

9:00 Mindfulness and the Neuroscience of Stress, Attachment and Mental Health

- Mindfulness and neuroscience of healthy attachment and brain development
- Using breath for our minds, bodies and emotions
- Mindfulness keeps depression, PTSD, anxiety, aggression and addiction at bay

10:25 Break (*coffee, tea, juice*)

10:40 A Holistic Model of Mindfulness and Mind-Body Interventions

- Mindfulness of body through eating and movement
- Mindfulness of thought with playful, cognitive interventions
- Interpersonal mindfulness and positive psychology interventions

12:15 p.m. Lunch (*on your own*)

1:30 The Neuroscience of Mindfulness

- Resilience and the effect of mindfulness on the brain
- Neuroscience and epigenetic mindfulness research
- Interpersonal neurobiology and the therapeutic encounter
- Research on mindfulness-based interventions

3:00 Break (*coffee, tea, soda, snack*)

3:15 Mindfulness and Self-Compassion for the Clinician

- Self-compassion, appreciation, and relaxation exercises
- Focusing practices
- Contemplative techniques

4:45 p.m. Adjournment

A large selection of books and home study programs will be available for sale at this Seminar. All items will be priced at least 6% below the publishers' list price.

Friday, September 20, 2019

7:45 a.m. Registration (*continental breakfast*)

8:30 Mindful Bodies, Eating and Movement

- Mindful movement in and out of session
- Mindful eating with anxiety, depression, impulse control
- Mindful eating prompts and practices

9:55 Break (*coffee, tea, juice*)

10:10 Matching the Practice and the Patient

- A biopsychosocial model for treating depression, anxiety, addiction and trauma through mindfulness
- Do no harm – how to adapt and when to avoid mindfulness in the treatment of trauma and depression
- The neuroscience of addiction and recovery
- Urge surfing, the SOBER breath, and mind-body practices that rewire the reward circuit

11:45 Lunch (*on your own*)

1 p.m. Growing Up Mindful: Working with Kids and Teens

- Practical and effective ideas to generate buy-in from kids
- Integrating mindfulness into child therapy
- Reinforce mindfulness in families, systems, schools and communities

2:30 Break (*coffee, tea, soda, snack*)

2:45 Mindfulness and Compassion in Action

- Dealing with doubt
- Creating and adapting our own scripts
- Mindful uses of technology
- A roadmap for breaking through resistance
- Finding time for mindfulness practice and self-compassion
- Creating a mindful and compassionate workplace, school, or family

4:15 p.m. Adjournment (Pick Up Certificates)

See a full list of our upcoming Seminars and Webinars at www.jkseminars.com

Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the **Wyndham Lancaster Resort & Convention Center** (2300 Lincoln Hwy E.) Call the Hotel for reservations - **717-299-5500**

Mention *J&K Seminars* to receive a discounted room rate
We encourage reservations by August 8
Call *J&K Seminars* for information about other hotels
800-801-5415

Seminar Registrants: We will mail your nametag and registration receipt about 3 weeks before the seminar.

Webinar Registrants: We will email your log-in information about 3 weeks before the seminar.

Questions: www.jkseminars.com or jk@jkseminars.com



Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance. Unless otherwise indicated, attendees receive 12 hours CE credit for attending both days, (6 hours CE credit for each day)

- *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.
- *Making Mindfulness Stick! The Neuroscience of Mindfulness and Compassion*, Course #2526, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by *J&K Seminars* as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 06/17/2019 - 06/17/2021. Social workers completing this course receive 12 clinical practice continuing education credits
- *J&K Seminars, LLC* is an **American Occupational Therapy Association (AOTA)** approved provider - 1.2 CEUs *The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.*
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Refund Policy: Full refunds will be provided before August 8. A \$10 administrative charge will be deducted from refunds requested after August 8. No refunds will be given after September 13 or for "no-shows." If the program is cancelled for any reason, the liability of *J&K Seminars, LLC* shall be limited to a full refund of registration fees. To date, no *J&K Seminars* program has ever been cancelled.

We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.
For more information, phone (800) 801-5415 or email - JK@jkseminars.com

Christopher Willard, Psy.D.

Dr. Christopher Willard is a psychologist and educational consultant based in Boston specializing in mindfulness. He has practiced meditation for 20 years, and has led hundreds of workshops around the world, with invitations to more than 24 countries. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and is president of the Mindfulness in Education Network. He has presented at TEDx conferences and his thoughts have appeared in

the New York Times, The Washington Post, mindful.org, and elsewhere. He is the author of *Child's Mind* (2010), *Growing Up Mindful* (2016), *Raising Resilience* (2017), and 8 other books for parents, professionals and children, along with 6 sets of cards and therapeutic games, available in more than 10 languages. He teaches at Harvard Medical School.

On the personal side, he enjoys traveling, hiking, cooking, reading and writing, and being a father.



J&K Seminars
 904 Church Rd
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Bonus: Seminar & Webinar attendees can access the recorded Streaming Video of this Seminar/Webinar for 30 days following the presentation. Register by **August 8** for Discounted Early Registration Fee



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Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by August 8) _____	\$135 per person -----	\$255 per person
Two or more together at the same time (by August 8) _____	\$120 per person -----	\$235 per person
Regular Registration (August 9—September 13) _____	\$150 per person -----	\$275 per person
Late Registration and Walk-Ins - No Webinar Registrations After Sept. 13 _____	\$165 per person -----	\$295 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name _____ Degree/License _____

In Person: Both Days Sept. 19 Only Sept. 20 Only
 Webinar: Both Days Sept. 19 Only Sept. 20 Only

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