

## Introduction to Mindfulness

In recent decades, researchers have been learning that Mindfulness not only helps us live healthier lives, but reduces emotional problems such as depression, anxiety, and anger; helps with sleep difficulties; improves concentration, memory, and immune system function; and generates changes in our brain that helps to counteract the problems in thinking we start to experience as we age.

This seminar will provide an introduction to mindfulness. Participants will learn about the different ways mindfulness is helpful for both physical and mental health. They will be introduced to some different ways of practicing mindfulness, and will learn some tips to help them teach these skills to clients, as well as problems clients often encounter when first learning about mindfulness.

### Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will:

1. Be able to practice mindfulness in a variety of ways
2. Teach mindfulness to clients in individual or group sessions
3. Explain three ways mindfulness is helpful for clients with mental health problems
4. Explain the importance of practicing mindfulness ourselves as clinicians
5. Identify three benefits of mindfulness

### Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. However, check the webinar schedule.

## Outline

- The benefits of mindfulness
- A definition of mindfulness
- Why practice mindfulness
- Two types of practice
- Mindfulness and emotion regulation
- Tips for teaching mindfulness
- Problems clients encounter
- Mindfulness as part of self-care

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

#### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Sheri Van Dijk, MSW, RSW is a registered Social Worker who has been working in the mental health field since 2000, most of which she has spent both in private practice and at a community hospital, working with clients with severe mental health problems. Sheri has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of seven DBT books for both adults and teens, the focus of which is to teach clients how to use mindfulness practice and DBT skills to help them live emotionally healthier lives. She has also written *DBT Made Simple*, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well.

Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

### General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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