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  Counselors  Psychiatrists  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**

- **Begin 1 PM ET**
- **The benefits of mindfulness**
- **A definition of mindfulness**
- **Why practice mindfulness?**
- **Two types of practice**

**Break 2:30-2:45 PM ET**

- **Mindfulness and emotion regulation**
- **Tips for teaching mindfulness**
- **Problems clients encounter**
- **Mindfulness as part of self-care**

**End 4:15 PM ET**

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**General Information**

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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