

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

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

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 up to three times. 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.

SOCIAL WORKERS: tzkseminars (Provider # 1242) 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. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2019 to 3/28/2022. Social workers completing this course receive 3 general continuing education credits.

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The Presenter

Sheri is a registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she 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 eight DBT books for both adults and teens, the focus of which is to teach clients how to use 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

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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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.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



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