

Yael Schweitzer,  
MSW, LCSW, BC-DMT



Yael Schweitzer is a licensed clinical social worker, group and movement therapist, Mindfulness Based Stress Reduction teacher, and co-developer of the Interpersonal Mindfulness Program. She has training in the Mindfulness-Based Stress Reduction Program (MBSR) developed by Dr. Jon Kabat-Zinn. Yael has been teaching and incorporating mindfulness approaches in her therapeutic work for over 25 years. To find out more about Yael's work please visit: [www.yaelschweitzer.com](http://www.yaelschweitzer.com)

Lewis & Clark  
Graduate School of  
Education and Counseling



# Implementing Mindfulness in Therapy

Saturday, September 17, 9 a.m.-5 p.m.

Mindfulness has become a popular therapy approach in recent years, and this workshop is designed to provide therapists and health care providers an introduction to mindfulness and how to integrate it in therapeutic work.

Mindfulness can serve as a main therapy approach or as a support and complementary therapy to medical treatment and psychotherapy. This workshop will address the following topics:

## The principles and practices of mindfulness

Participants will learn the theory underlying mindfulness approaches, based on Buddhist philosophy and psychology, and will be introduced to the pioneering work of Jon Kabat-Zinn, the founder of the Mindfulness-Based Stress Reduction Program (MBSR) that implements mindfulness approaches for therapeutic and healing purposes. The workshop will include a brief overview of 30 years of research on the benefits of mindfulness practice.

Participants will also engage in a variety of experiential mindfulness meditation practices – both personal and interpersonal.

## Interpersonal mindfulness

Six guidelines for speaking with awareness, for deep listening, and for staying mindful in relationships will be introduced and practiced in dyads and small groups. Participants will learn how to use mindfulness to remain calm, present, compassionate and attentive during the tensions and difficulties that arise in therapy.

## Implementing mindfulness in therapy

Ms. Schweitzer will present anecdotes and examples from her therapeutic work that illustrate the various effects that the mindfulness approach has on clients. Group dialogue will address the implementation of mindfulness in therapy and the discussion will address diagnoses and conditions that can benefit from the mindfulness approach, and clarify how to present mindfulness to clients and practice with them.

**Noncredit or CEU:** 7 hours, \$125 by 9/2, \$140 after; \$40 for students.

**Location:** Lewis & Clark College

**Contact us for more information or to register.**

Submit this form with full payment to:

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Note: Confirmations will be sent via email unless otherwise noted.

All cancellations must be received in writing at least three business days prior to the first class meeting for a full refund.

Mindfulness in Therapy 2011

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