



A 3 Day Workshop
***(22 Continuing Education Credits)**

MINDFULNESS WORKSHOP

FOR MENTAL HEALTH CARE PROFESSIONALS

Presented by
Bob Stahl, Ph.D. and Jan Landry, BSN, MA.

MARCH 23-25, 2012 - ALASKA PACIFIC UNIVERSITY CAMPUS

Sponsored by Alaska Psychological Association and Alaska Pacific University Psychology Department
AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program. Twenty-two (22) continuing education credits will be available to participants who attend the entire program. No partial credit is available.

Mindfulness meditation is a way to quiet and calm the mind by paying non-judgmental attention to your moment-to-moment experience. It helps restore and maintain a sense of personal balance and develop skills to avoid emotional and physical depletion. This is important for people who are facing stress related conditions, as well as for those who want to avoid physical or professional burnout.

We have a responsibility to care for ourselves as we attend to the needs of our clients. Learning to balance the emotional demands of the healing relationship with other personal and professional concerns is central to the healer's art and vital to professional health and longevity.

The workshop is designed as a retreat like environment, there will be periods of silence, and participants are asked to take meals as a group. Fees include dinner on Friday and Saturday evenings, and lunch on Saturday and Sunday. This workshop is limited to 35 participants.

Learning Objectives:

At the conclusion of this workshop, participants should be able to:

- ◆ Experientially understand the theory and practice of Mindfulness Meditation
- ◆ Identify clinical applications of mindfulness in health care and psychotherapy
- ◆ Identify pathogenic reactions to stress
- ◆ Utilize mindfulness-based interventions to guide patients or clients to work more effectively with stress
- ◆ Gain skills that promote healthful living and high levels of wellness
- ◆ Re-vision your work to reduce stress and realize your professional and personal ideal

Schedule:

Friday 3:00pm - 9:30pm
Saturday 9:30am - 9:30pm
Sunday 9:30am - 3:00pm

What to Bring:

Suggested attire is loose comfortable clothing and layers for warmth as needed. Please bring yoga mats and cushions to sit on if available. Chairs will also be available.

Cost:

\$495.00, and includes materials and CEU credits. A discounted fee of \$475.00 applies if received by February 23rd, 2012.

Refund Policy:

A written request for a refund of registration fees (less \$150.00 processing fee) must be postmarked by February 23rd, 2012. No requests for refunds after February 23rd, 2012 will be honored.

Faculty:

Bob Stahl, PhD. founded and directs mindfulness-based stress reduction programs at Dominican Hospital, O'Connor Hospital, and El Camino Hospital. Bob is a Senior Teacher for *Oasis* – the institute for mindfulness-based professional education and innovation of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is a co-author of “A Mindfulness-Based Stress Reduction Workbook” and “Living With Your Heart Wide Open” and the forthcoming “Calming the Rush of Panic”. Bob has also produced a number CD's working with stress, pain, and illness. Bob is also the Guiding teacher at Insight Santa Cruz and visiting teacher at Spirit Rock and Insight Meditation Society.

Jan Landry, BSN MA has worked in the field of hospice care both as a nurse and as a chaplain, for over 30 years. Her work in the field of death and dying, serves as an ongoing reminder of how precious each and every moment of life is, and informs her meditation practice which has developed and deepened over many years. She is a yoga practitioner, a student of the Ridhwan School and of life. As a teacher of mindfulness meditation, she hopes to support others in cultivating a practice of mindfulness that fosters awareness and deep listening to the inner wisdom of one's own heart.



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REGISTRATION FORM

Name: _____

Mailing address: _____

Contact phone and Email address: _____

Type of profession and license number _____

or

Student status _____

Payment:

_____ Check (Made out to AK-PA)

_____ Credit Card (Visa or Mastercard only)

Card Number and Expiration Date: _____

Signature: _____

For questions, the contact person for
this event is:

Susan LaGrande, Ph.D

4048 Laurel Street, Suite 305

Anchorage, AK 99508

907-562-0001

susanlagrande@gci.net

Please mail this form and payment to:

AK-PA

P.O. Box 241292

Anchorage, Alaska 99524-1292