

## WORKSHOP OBJECTIVES

This workshop is intended to help therapists enhance their clinical skills and maximize the quality of patient outcomes they achieve. **On completion, attendees will be better able to:**

- >> DESCRIBE the three core components of mindfulness practice
- >> DEMONSTRATE an experiential understanding of mindfulness through participation in actual practice sessions
- >> SPECIFY how a therapist can best choose which mindfulness exercises are most appropriate for which individuals
- >> DESCRIBE the core attitude toward experience found in depression and how mindfulness practice can help to transform it
- >> INDICATE the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice
- >> SPECIFY the core dynamics of chronic back pain and other psychophysiological disorders and how mindfulness practice can help

*"...what I learned from attending Dr. Siegel's workshop on mindfulness and psychotherapy has absolutely enriched my life both personally and professionally."*

— JAN SNYDER, PH.D.

Register Online at [www.iahb.org](http://www.iahb.org) and Save \$10!

Cover Photo by Joan Plaget

*"(Dr. Siegel's work) represents a landmark contribution to the emerging field of mindfulness-based interventions in psychology, psychiatry, and medicine."*

— JON KABAT-ZINN, PH.D.

**Also: Special 4-Day Intensive Training with David Burns, MD**  
*See Inside for Details*

Cover Photo by Joan Plaget

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— JON KABAT-ZINN, PH.D.

## Ronald D. Siegel, Psy.D.

Septemeber 23-24, 2011 : S. San Francisco, CA

October 6-7, 2011 : Sacramento, CA

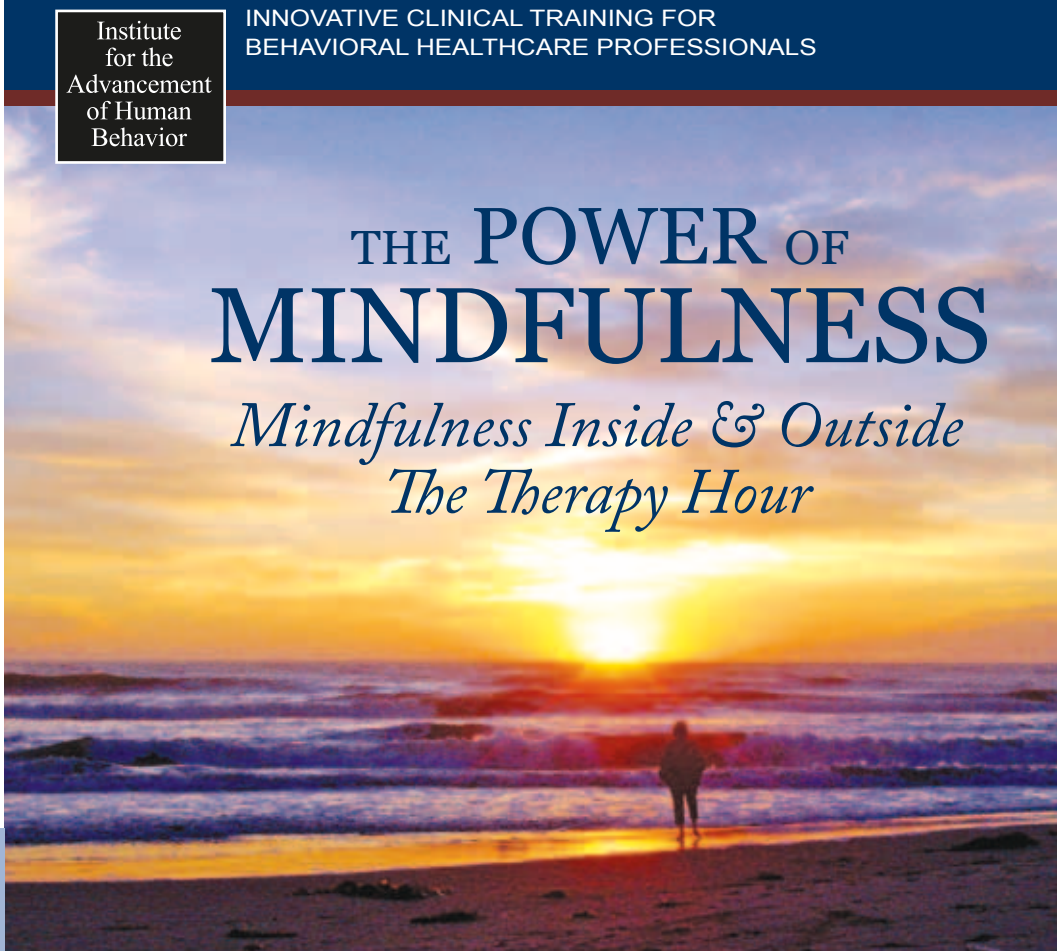
December 1-2, 2011 : Eastlake, OH

January 26-27, 2012 : Ann Arbor, MI

Institute for the  
Advancement  
of Human  
Behavior

# THE POWER OF MINDFULNESS

## *Mindfulness Inside & Outside The Therapy Hour*



## ABOUT THE WORKSHOP

Mindfulness—awareness of the present moment with acceptance—is a deceptively simple way of relating to experience that has been practiced for over 2,500 years to alleviate human suffering. Recently, mental health professionals are enthusiastically discovering that mindfulness holds great promise both for their own personal development and as a way to enhance therapeutic relationships. It is also the central ingredient in a number of new empirically validated treatments, and is proving to be a remarkably powerful technique to augment virtually every form of psychotherapy.

### Day One

The first workshop day is designed to help you understand mindfulness practice theoretically and experientially. Through lecture, demonstrations, participatory exercises, and small group discussion, we will see how mindfulness can enrich and enliven our lives both inside and outside of the therapy hour.

We will explore how mindfulness practice can help us to deal with the personal challenges of living in an ever-changing, uncertain world. We will investigate the role of mindfulness in working with thorny existential issues such as loneliness, alienation, illness and loss. You'll learn a variety of formal and informal mindfulness techniques, and gain insights from both scientific and Buddhist Psychology into paths and obstacles to greater well-being.

### Day Two

Today we will focus on the integration of mindfulness practice into psychotherapy. First we'll examine how mindfulness practice can enhance therapeutic presence and transform understanding of the causes of psychological suffering. Special techniques for treating depression, anxiety, chronic pain, stress-related medical disorders and childhood distress will be introduced.

Throughout the workshop, we will examine contraindications for using mindfulness techniques, as well as creative ways to deal with the obstacles and challenges that arise when working with particular disorders and personalities. Upon completion, you will have a foundation for integrating this exciting, potentially transformative practice into both your personal life and your therapeutic work.

## WORKSHOP LEADER

Ronald D. Siegel, Psy.D., is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 25 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches nationally about mindfulness, psychotherapy and mind/body treatment and has worked for years in community mental health with economically disadvantaged children and families. Dr. Siegel maintains a private clinical practice in Lincoln, MA.

Dr. Siegel's personal recovery from disabling back pain led him to develop the Back Sense program, a step-by-step mind/body approach to treating chronic back pain which integrates Western

psychological and medical interventions with mindfulness practice. He is author of a new book, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; is co-editor of *Mindfulness and Psychotherapy*, and co-author of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*. Dr. Siegel is known as an engaging and entertaining presenter whose workshops regularly receive rave reviews.

*Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.*



## WORKSHOP OVERVIEW

### Day One

#### Mindfulness for Personal and Interpersonal Fulfillment

8:30 am Life is Difficult, for Everyone  
Mindfulness: What Is It And Why Should I Care?  
Cultivating Mindfulness: Formal and Informal Practice

10:15 am Doubt and the Self-Critical Mind  
Narcissism: Not Just a Character Disorder  
Mindfulness as an Antidote to Alienation

12:00 Noon *Lunch (on your own)*  
Optional Eating Meditation

1:30 pm Tracking the Flow of Connection and Disconnection with Others  
Developing Empathy for Annoying People Without Becoming a Saint  
Using Mindfulness to Enhance Intimate Relationships

3:15 pm Using Mindfulness to Tolerate Not Knowing  
The Problem with the Pleasure Principle  
How to Be Happy: Lessons from Science and Buddhist Psychology

4:30 pm Adjourn

### Day Two

#### Mindfulness-Based Clinical Interventions

8:30 am Common Elements of Mindfulness Practices  
Empirically Tested Mindfulness-Based Treatments  
Tailoring Mindfulness Techniques to Particular Patients

10:15 am Mindfulness for Parents and their Children  
Working with Depression: Entering the Dark Places Together  
Moving Toward Experience to Wake Up and Come Alive

12:00 Noon *Lunch (on your own)*  
Optional Eating Meditation

1:30 pm Overcoming Anxiety by Befriending Fear  
CBT on Steroids: The Wisdom of Insecurity  
Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain

3:15 pm *Why Zebras Don't Get Ulcers: Our Evolutionary Design Flaw*  
Using Mindfulness to Treat Stress-Related Disorders  
Psychophysiological Disorders as Doors to Personal Development

4:30 pm Adjourn

*Speakers periodically update workshops based on attendee feedback - please see website for current agenda.*

**TAPING OF THIS WORKSHOP IS NOT PERMITTED.**

**Guarantee: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.**

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Ronald D. Siegel, Psy.D.

Institute for the Advancement of Human Behavior

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