

# “Mindfulness in Trauma Treatment: Fitting the Practice to the Person”

Brought to you by Riverside Trauma Center

## Training Description

Mindfulness is not a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. This workshop will explore several important clinical decisions to consider when deciding when and if to introduce different practices into treatment of individuals with different needs, including those with unresolved trauma histories.

## Who Should Attend?

This workshop will benefit mental health clinicians, health care professionals, and educators. This training is targeted towards advanced, intermediate, and beginner practitioners.

## When and Where

Friday, November 2, 2018; 9:30 a.m.-12:30 p.m. (registration starts 9 a.m.); The Carroll Center for the Blind, 770 Center Street, Newton, MA 02458

## Continuing Education

Applications for 3 hours of continuing education credits will be submitted for Social Workers, LMHCs, LMFTs, and Nurses. Please contact Jenny Huynh (jhuynh@riversidecc.org) for the status of the CE accreditation. This training is approved for 3 hours of continuing education for Psychologists.\*

## Registration

Cost is \$55 per person or \$35 per person for Riverside Community Care employees. Pre-registration is required. You can register at <https://mindfulnessintraumatreatment.eventbrite.com>. You can also register with the attached form or by contacting jhuynh@riversidecc.org. Refunds will not be available for this training.

## Questions

For questions regarding the training or to request special accommodations, please email [jhuynh@riversidecc.org](mailto:jhuynh@riversidecc.org) or call 781-433-0672, ext. 5738. Coffee/bagels will be provided.

There is no commercial support or conflict of interest known for programs or instructors listed in this training announcement.

[www.riversidetraumacenter.org](http://www.riversidetraumacenter.org)

# Riverside Trauma Center

A SERVICE OF RIVERSIDE COMMUNITY CARE

## Speaker:

**Ronald Siegel, Psy.D.**, is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 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 internationally about the application of mindfulness practice in psychotherapy and other fields.

## After the training, participants should be able to:

- ◆ Describe the three core elements of mindfulness practice
- ◆ Identify common denominators in psychological difficulties
- ◆ Specify ways that mindfulness practices can be tailored to the needs of particular types of clients
- ◆ Describe the contraindications for some mindfulness practices for trauma survivors



\*Riverside Community Care is approved by the American Psychological Association to sponsor continuing education for Psychologists. Riverside Community Care maintains responsibility for this program and its content.

