Mindfulness Tools For Psychotherapy

A workshop for LPCs, ALCs and other mental health providers
Presented by Leila Nabors, M.Ed., LPC & Beth Cook, M.S., LPC
Provides 7 NBCC CE Hours
Thursday, April 11, 2018
8:30am - 4:00 pm
Register on-line: www.alabmainstituteformindfulness.com

Program Description
This program will introduce and explore ways in which therapists can utilize mindfulness skills to more effectively work with the broad range of issues presented by clients. Participants will learn about mindfulness as well as its foundational components and gain practical experience regarding the growth and cultivation of mindfulness as a therapeutic tool. This workshop will explore and discuss the foundations of mindfulness and applications to psychotherapy. It will offer participants the means and opportunity to practice these mindfulness skills as they begin to apply them to daily life and work with clients. Participants will come away with practices that can be implemented immediately.

Objectives
-Gain an understanding of mindfulness and how it may be utilized when working with individuals with a broad range of issues
-Understand relevant neuroscience research in regard to Mindfulness-Based Interventions (MBIs)
-Gain an understanding of how mindfulness tools may be used in clinical, home, work or public setting
-Experience mindfulness practice and how it can be used in daily life and clinical practice.

Leila Nabors, M.Ed., LPC, has been in private practice as a psychotherapist for over 15 years. She completed extensive mindfulness training at the University of Massachusetts Medical School and is certified through the UMass Medical School as a Mindfulness-Based Stress Reduction (MBSR) teacher. Leila is the only UMass CFM certified teacher in Alabama and one of a handful in the southeast.

Beth Cook, MS, LPC has 30 years of experience as a psychotherapist. In addition to a foundation in Cognitive Behavioral Therapy she has trained extensively in the areas of spiritually-oriented and mind/body therapeutic models. Beth has completed the 8-week MBSR program and has been a co-teacher in MBSR for over 2 years.

Location:
Huntsville Botanical Garden
Murray Hall
4747 Bob Wallace Ave.
Huntsville, AL 35805

Cost:
$125 Early Registration (4/1/19)
$150 Regular Registration
(4/2/19-4/10/19)
$175 Late Registration (onsite)

For more information call or email: 256-682-2235 or 256-653-1070 mindfulalabama@gmail.com

Lunch will be provided
A mindfulness-based eating practice will be conducted during the entire lunch. This is a silent practice as we bring awareness to our food, how it looks, smells and tastes as well as what we notice while eating in this unusual way.

Refund Policy: Refunds will be given, minus a $25 admin fee, if request is made in writing via email 2 weeks prior to workshop. No refunds will be given for cancellations less than 2 weeks prior to workshop. If registrant does not attend workshop and does not provide notice prior to workshop, neither refund nor credit toward future workshop will be given. Cancellation Policy: The Alabama Institute for Mindfulness, LLC reserves the right to cancel workshop due to low enrollment, prediction of severe weather events or other unforeseen circumstances. A full refund will be provided should the workshop be cancelled.

The Alabama Institute for Mindfulness, LLC has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. The Alabama Institute for Mindfulness, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP-3115.

For more information or register online at:
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