



Tail of the Tiger



MINDFULNESS IN PRACTICE:

A Program for Psychotherapists

*April 23 – 24, 2010 with Barbara Heffernan, LCSW, LADC,
and Patton Hyman*



Barbara Heffernan, LCSW, LADC, has a private psychotherapy practice in Norwalk, CT, which focuses on trauma, addiction, anxiety, and life transitions. Barbara has practiced meditation for over fifteen years. Barbara has a BA from Yale University, an MBA from Columbia University, and an MSW from Southern Connecticut State University. Barbara's website is www.barbaraheffernan.com.

Patton Hyman is Development Director of Tail of the Tiger, Inc., a 501(c)(3) nonprofit educational organization. Patton has taught meditation, including teacher trainings, for more than 25 years, and has also participated in presenting mindfulness-based programs on relationships, organizational leadership, and health care, as well as the training of meditation instructors.

Mindfulness as a living, breathing practice can infuse our lives with peace, serenity and an ongoing, calm confidence. For psychotherapists and mental health professionals, this ancient meditative practice strengthens compassion, enhances our ability to stay present with our clients and their pain, and counters vicarious traumatization and burn-out.

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our compassion, for ourselves and our clients; and increasing our ability to bring mindfulness to our work.

Program Fee: \$275 (includes meals from the Karmê Chöling kitchen), \$325 after April 19, 2010. The program begins at 10 a.m. on Friday and ends at 5 p.m. on Saturday. CEU Credit Approved, National NASW and VT Board of Mental Health Professionals.

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/therapists_o410.php

Objectives:

- Experience a variety of mindfulness meditation techniques that can be brought into everyday life and into practice as a psychotherapist
- Understand and experience how mindfulness meditation promotes active listening, the ability to stay in the “here-and-now”, and other techniques at the core of a variety of psychotherapy theories
- Experience contemplative exercises applying mindfulness to case studies and issues of counter-transference
- Review recent research on how mindfulness and meditation produce positive physical, psychological and neurobiological change
- Identify elements of mindfulness already present in many psychotherapy approaches, including Cognitive-Behavioral Therapy, DBT, EMDR and others
- Understand how using mindfulness meditation techniques with clients can promote the effectiveness of Cognitive-Behavioral Therapy and other psychotherapy approaches

