

The Foundations of Mindful Therapy 2014



Intended for

- Psychotherapy students and interns
- Experienced clinicians
- Graduates of the Mindfulness Based Stress Reduction (MBSR) class

5 sessions taking place on the 2nd Fridays in 2014: **9:00 am -12:00 pm**

January 10 **April 11**
February 14 **May 9**
March 14

Community Room @ Hiawatha Oaks Station Apartments
3550 East 46 St., Minneapolis MN 55406

Co-facilitators: Jil Leverone, Ph.D., Tom Glaser, MA &
Patty Hlava, MA, LMFT, Ph.D.

- *This series of five sessions will assist the practitioner in being able to identify a personal mindfulness practice, understand the meaning of presence, build mindfulness skills, and become more at ease with the integration of mindfulness in the psychotherapy process.*
- *Learning will be accomplished through didactic teaching, interactive and experiential learning, and personal practice. Specific exercises and recommended readings will be shared. An outline of the five sessions is*
 - **1/10 Overview (co-facilitator panel; exercises)**
 - **2/14 Personal and spiritual practice (Jil Leverone)**
 - **3/14 Developing presence (Tom Glaser)**
 - **4/11 Skill building (Patty Hlava)**
 - **5/9 Integration (co-facilitator panel; discussion)**
- \$395 for all 5 sessions. Registration is available on the MwMPI website <http://www.mwmeditationandpsychotherapy.org/programs/>
- For questions, contact Jil Leverone at jil@jileverone.com or 612.281.5265.
- Psychology CEUs (15 units total) applied for.
- *Sponsored by the Midwest Meditation and Psychotherapy Institute. See website for mission statement and biographies of presenters.*