

**Yael Schweitzer,  
M.S.W., LCSW, BC-DMT**



Yael Schweitzer is a licensed Clinical Social Worker, movement Therapist, teacher of the Mindfulness-Based Stress Reduction Program (MBSR) and co-developer of the Interpersonal Mindfulness Program. Yael has over 25 years of experience in integrating mindfulness practices in therapeutic work with individuals and groups and currently she has a private practice where she offers Mindfulness-Based Therapy. Learn more about Yael's work at [www.yaelschweitzer.com](http://www.yaelschweitzer.com)

# Implementing Mindfulness in Therapy I & II

Saturday-Sunday, November 2-3, 2013, 9 a.m.-5 p.m.

This two-day modular workshop is designed to provide therapists and health care providers with an introduction to mindfulness, guidelines for interpersonal mindfulness, as well as knowledge and tools for integrating the mindfulness approach into therapeutic work with clients.

Part 1 provides an introductory overview of Mindfulness-Based Therapy (MBT), interpersonal mindfulness guidelines, and ways to integrate this approach into clinical practice.

The workshop continues in part 2 with deeper practice and discussion of the techniques and guidelines covered in part 1 with close examination of the complexity, intricacy and creativity of implementing the mindfulness approach in therapy.

Both days include theory, experiential practices, discussions and examples from mindfulness-based therapeutic work.

Participants are encouraged to bring scenarios, questions, and examples from their work to discuss.

## **How should I register?**

You can register for part 1 or part 2 only, or for both days together.

Those registering for part 2 only should have previously taken the one-day Implementing Mindfulness in Therapy workshop (or a similar program), or already apply mindfulness in their practice but seek additional information and tools to expand and deepen existing knowledge and experience.

**Noncredit or CEU** Single day: 7 hours, \$125 by 10/10, \$150 after. \$40 students.  
Both days: 14 hours, \$225 by 10/10, \$250 after. \$80 students

**Location** Lewis & Clark College

**Contact us for more information or to register.**

## **Center for Community Engagement**

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