

# Interpersonal Mindfulness

7pm–8:50pm | Mondays | Nov 3–Dec 15 *and*  
10am–3:50pm | Saturday | Dec 6

Understand and ease causes of interpersonal stress, modify limiting habits and practice skillful interaction. Interpersonal mindfulness is based on insight dialogue and fundamentals of mindfulness meditation.

Professionals learn how to use mindfulness in interactions with clients/ students and how to remain calm, present, compassionate and attentive during the challenges that arise in those interactions.



**Cost:**

\$225 tuition

**Location:**

PCC CLIMB Center, room 102  
1626 SE Water Ave  
Portland OR 97214

**Instructor:**

Yael Schweitzer (bio on back of flyer)

**Register:**

Use CRN 47820 to register.  
2.00 CEU credits will be earned.

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FOR MORE INFORMATION  
AND TO REGISTER:

971-722-6266

[pcc.edu/communityed](http://pcc.edu/communityed)



**Portland  
Community  
College**

## About the instructor:

Yael Schweitzer, LCSW, BC-DMT has 30 years of experience as a therapist, currently providing Mindfulness-Based Therapy and movement Therapy in her private practice.

Yael offers trainings for therapists and healthcare professionals on implementing Mindfulness in Therapy and on Mindfulness in Movement and she teaches the psycho-educational Interpersonal- Mindfulness program.

Since 2005, Yael has been leading an ongoing weekly Mettler –Based Creative Dance group. She presented in several IACD (International Association for Creative Dance) congresses and ADTA (American Dance Therapy association) conferences. Yael served on the Steering committee of CATA (Creative Arts Therapists Association) and currently she serves on the IACD Board of Directors.