

## MINDFULNESS-BASED PRACTICES FOR MENTAL HEALTH PROFESSIONALS WORKING WITH ADDICTION POPULATIONS

**DATE & TIME:** January 17, 2019

**9:00AM - 4:00PM**

*All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.*

**PLACE:** Doubletree by Hilton  
120 S. Los Angeles St., Thousand Cranes  
Los Angeles, Ca. 90010

**PARKING:** \$12.00 self-parking

This is an introductory training that provides an overview of the practice of mindfulness and research efficacy supporting mindfulness as an intervention for substance abusing populations. It will explore the role of relational mindfulness, innovative methods for engaging this specific populations (both in individual and group settings) and the role mindfulness plays in self-care for clinicians. Lastly, experiential activities are incorporated in the training to enhance didactic, experiential and process-based learning.

**TARGET AUDIENCE: DMH directly-operated and DMH contracted staff**

**OBJECTIVES:** As a result of attending this training, participants should be able to:

- 1) Define mindfulness in a way accessible and relatable for substance-involved populations
- 2) List three clinician attributes necessary for facilitating mindfulness-based environments
- 3) Demonstrate 2-4 mindfulness meditations
- 4) Review the role of mindfulness interventions for substance abuse populations suffering from trauma
- 5) Review the role that mindfulness plays in self-care and burnout prevention for clinicians
- 6) Identify the role of teaching mindfulness within a culturally competent framework

**CONDUCTED BY:** Sam Himmelstein, Ph.D CEO/Director of the Center for Adolescent Studies, Inc.

**COORDINATED BY:** Elmer Ornelas, ACSW, Training Coordinator  
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**DEADLINE:** November 28, 2018

**CONTINUING EDUCATION:** 6 hours for BBS, BRN, CCAPP-EI,  
CE for Psychologist

**COST** NONE

DMH Employees register at:  
<http://learningnet.lacounty.gov>

Contract Providers register at:  
<https://tinyurl.com/MINDFULNESS-BASED-PRACTICES18>