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

DATE & TIME: March 11, 2020 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: Sheraton Pasadena Hotel
Justine’s Ballroom
303 Cordova Street
Pasadena, CA 91101

PARKING: $15 self-park in hotel garage (enter garage via Cordova St OR via Marengo Ave)

This is an introductory training that will overview the practice of mindfulness, research efficacy supporting mindfulness as an intervention for substance abusing populations. It will also explore the role of relational mindfulness, innovative methods for engaging substance abusing populations in mindfulness training in both individual and group settings, and the role mindfulness plays in self-care for clinicians. Lastly various experiential activities will be included 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 therapist qualities 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 Himelstein, Ph.D CEO/Director of the Center for Adolescent Studies, Inc.

COORDINATED BY: Elmer Ornelas, LCSW, Training Coordinator
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DEADLINE: March 4, 2019
CONTINUING EDUCATION: 6 hours for BBS, BRN, CCAPP-EI, CE for Psychologist
COST: NONE

DMH Employees and Contract Providers Register at: https://eventshub.dmh.lacounty.gov/