

THE ART AND SCIENCE OF MINDFULNESS: INTEGRATING MINDFULNESS INTO THE WORKPLACE AND HELPING PROFESSIONS

DATE & TIME:

January 22, 2026

1:00PM – 4:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Web Broadcast – MS Teams

REGISTRATION: <https://eventshub.dmh.lacounty.gov/>

DESCRIPTION: This training will provide powerful practices to create greater health, meaning and purpose in the workplace. The training will share recent discoveries in neuroscience and show how we can re-architect the very structure of our brain to decrease stress, increase clarity and strengthen our sense of belonging and purpose. Participants will learn how the practice of mindfulness deactivates the centers of the brain responsible for emotional reactivity and helps engage the rational part of your brain so you can make choices aligned with your deepest values. This training is a science-based roadmap for how to enhance professional well-being, while building better lives and communities.

TARGET AUDIENCE: DMH staff and contractor provider staff delivering specialty mental health services to children/youth and their families.

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

1. Identify 3 benefits to practicing mindfulness.
2. Define internal resilience and how it relates to emotional regulation.
3. Demonstrate understanding of ways to reduce emotional reactivity and support intentional, compassionate communication in healthcare settings.
4. Apply mindfulness practices to enhance cultural competency by increasing awareness of bias, fostering openness, and responding to clients with greater respect and understanding.

CONDUCTED BY: Shauna Shapiro, Ph.D.

COORDINATED BY: Mireya Segura, LCSW - Mental Health Training Coordinator
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DEADLINE: When capacity is reached.

CONTINUING EDUCATION: 3.0 hours for BBS, BRN, CCAPP-EI
3.0 CE for Psychologists

COST: None