

INTEGRATING MINDFULNESS CONCEPTS IN INDIVIDUAL AND GROUP COUNSELING, CLINICAL SUPERVISION, AND SELF-CARE

FRIDAY, FEBRUARY 23, 2018 | 9:00 A.M. – 4:30 P.M. | MCGOWAN COMMUNITY ROOM (SWARTZ A), SWARTZ CENTER, MARYWOOD UNIVERSITY

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PROFESSIONAL CONTINUING EDUCATION CONTACT:

Carolyn M. Bonacci, Director
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HOW TO REGISTER:

- **Register online** at www.marywood.edu/contedureg
- **Register in person** with cash or a check. Professional Continuing Education is located at the Swartz Center on University Avenue.

- **Register by mail** with a check or credit card.
Mail to: Professional Continuing Education
Marywood University
2300 Adams Avenue
Scranton, PA 18509

- **Register by fax.** If your agency is paying for the registration, please include an authorization letter to bill the agency.

Fax: 570.961.4798

- **Register by phone** with Visa, MasterCard, or Discover.
Call: 570.340.6061

PROGRAM FEE \$125

Program fee includes continental breakfast and lunch.

INDICATE METHOD OF PAYMENT:

CASH Amount \$ _____

CHECK Amount \$ _____
(Payable to Marywood University.)

CREDIT CARD Amount \$ _____

Charge to: Master Card Visa Discover

Author. # _____

3-Digit Security Code _____ Expiration Date _____

Signature _____

TOTAL AMOUNT DUE \$ _____

- Bill Agency Authorization letter must be attached. Agency registrations will not be processed without letter of authorization.**

I understand and agree that if, for any reason, my employer refuses payment, if I take leave of my present place of employment, or if I withdraw from the course after the 100 percent cancellation period, I will be responsible for the immediate and full payment of registration fees due.

Any cancellation one week or more prior to a program will receive a 100 percent refund. No credit for billed or paid registrations will be given after the one-week deadline.

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Integrating Mindfulness Concepts in Individual and Group Counseling, Clinical Supervision, and Self-Care



By

Ricardo Horn, LSW

Friday, February 23, 2018

9:00 A.M. – 4:30 P.M.

PROGRAM DESCRIPTION

Mindfulness-based treatment approaches are emerging as evidence-based practices that complement the therapeutic milieu, especially considering the prevalence of exposure to compassion fatigue, vicarious trauma, and burn-out experienced by social workers, mental health professionals, case workers, and medical professionals. Knowledge of mindfulness practices and the application of this knowledge is necessary for professionals in various disciplines. This program introduces, explains, and provides experiential knowledge of mindfulness-based approaches to individual and group counseling, clinical supervision, and self-care.

The program will consist of a combination of lecture, discussion, and experiential learning/direct practice in a workshop fashion. Participants will learn basic concepts through traditional lecture, instruction will then be provided in meditations associated with the corresponding concepts that are explained and introduced. Using practice experience, the instructor will share applied examples of mindfulness in the helping professions field. The program is necessary as it teaches self-care techniques as well as therapeutic tools that improve efficacy in counseling and self-care.

LEARNING OBJECTIVES

Upon completion of this training, the trainee will be able to:

- Identify attitudes of mindfulness including: Non-judgement, Impermanence, Beginner's Mind, Letting Be, Equanimity.
- Understand mindfulness concepts and thus utilize these concepts in the application of mindfulness-based relaxation techniques and meditations.
- Integrate mindfulness concepts as established best-practice interventions associated with cognitive and psychodynamic therapy.
- Practice breathing, expanding awareness, body scan, and loving-kindness meditations.
- Integrate mindfulness-based concepts with counseling and clinical supervision
- Apply mindfulness practices to issues associated with self-care, including compassion fatigue and burnout.

SATISFACTORY COMPLETION: Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation, and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made.

PROGRAM AGENDA

- 8:30 AM** Registration
- 9:00 AM** Introduction of Mindfulness
- Defining mindfulness
 - Brief overview
 - Orientation to mindfulness attitudes that establish theoretical framework for practice
 - Beginner's Mind, Impermanence, Non-Judgement, Acknowledgement, Letting Be, Equanimity
 - Mindfulness and Stress
 - Physical and psychological effects of stress
 - Brief Breathing Meditation
- 10:30 AM** Break
- 10:45 AM** Introduction of Mindfulness
- Definition and brief overview/introduction of trauma
 - Introduction of Body Scan
- 12:00 PM** Lunch
- 1:00 PM** Mindfulness Practices cont.
- Definition and brief overview/introduction of Substance Abuse Disorders (SUD)
 - Expanding Awareness Meditation
- 2:30 PM** Break
- 2:45 PM** Effects of mindfulness, direct practice, and supervision
- Review of emergent research regarding effects of mindfulness
 - Mindfulness and direct practice
 - Integrating mindfulness concepts into psychotherapy
 - Mindfulness and supervision
 - Applying meditations/attitudes of mindfulness into clinical supervision
 - Mindfulness and self-care
 - Burnout/compassion fatigue review, loving-kindness meditation
- 4:15 PM** Wrap-up
- 4:30 PM** Program Concludes

FINANCIAL: Ricardo Horn, LSW is receiving a stipend. He also serves as an adjunct instructor at Marywood University. He has no other relevant financial relationships to disclose.

NON-FINANCIAL: Ricardo Horn, LSW has no relevant non-financial relationships to disclose.

ABOUT THE PRESENTER

RICARDO HORN, LSW



Ricardo Horn, LSW is an experienced healthcare administrator skilled in clinical supervision, trauma-informed systems of care, recovery-oriented systems of care, and mindfulness. Ricardo is the Program Director at Pyramid Healthcare, where

he manages a 100-bed detoxification and rehabilitation program. Ricardo is also an adjunct instructor for Marywood University's School of Social Work. Ricardo received training in Mindfulness-Based Stress Reduction at Jefferson University's Myrna Brind Center for Integrative Medicine. Practicing mindfulness for over ten years, Ricardo has incorporated this experience into his direct care and administrative practice. He has presented on mindfulness at various locations including the Maywood School of Social Work's Pocono and LeHigh Valley locations.

As a licensed social worker, Ricardo has extensive experience treating substance use disorders, anxiety, depression, and trauma. He has enjoyed applying mindfulness to clinical supervision and program management and is an advocate for self-care.

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For better health, smoking and use of tobacco products are prohibited everywhere on Marywood's campus.

Marywood University, in accordance with applicable provisions of federal law, does not discriminate on grounds of race, color, national origin, sex, age, or disability in the administration of any of its educational programs or activities, including admission, or with respect to employment. Inquiries should be directed to Dr. Patricia Dunleavy, Associate Vice President for Human Resources, Coordinator for Act 504 and Title IX, Marywood University, Scranton, PA 18509-1598. Phone: (570) 348-6220 or e-mail: dunleavy@marywood.edu.

WHO SHOULD ATTEND

ADDICTION COUNSELORS • AUDIOLGISTS
CERTIFIED CASE MANAGERS • COUNSELORS
EDUCATORS • PREVENTION SPECIALISTS
SOCIAL WORKERS • SPEECH LANGUAGE PATHOLOGISTS

PROFESSIONALS SEEKING INFORMATION IN THIS FIELD

CONTINUING EDUCATION CREDITS

ADDICTION COUNSELORS, CERTIFIED CASE MANAGERS, PREVENTION SPECIALISTS

This program is PCB approved for six (6) hours.

AUDIOLOGISTS, SPEECH LANGUAGE PATHOLOGISTS

This program is offered for 0.6 CEUs

(Introductory/Intermediate Professional area)



Marywood University is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology

and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

COUNSELORS

Marywood University, Professional Continuing Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4081. Programs that do not qualify for NBCC credit are clearly identified. Marywood University, Professional Continuing Education is solely responsible for all aspects of the program.

NBCC Clock Hours: 6

EDUCATORS

This course is approved for six (6) hours professional development ACT 48 hours.

SOCIAL WORKERS

This program is approved for six (6) continuing education hours for social works for NJ/NY/PA LSW licensure renewal.