

# Mind, Consciousness and the Cultivation of Well-being: Transformation through the Lifespan (video)

**Price: \$130.00**

## **Short Description**

This unique gathering of speakers offers an overview of current neuroscience research supporting the efficacy of mind-body integrative techniques found to be effective in clinical settings.

## **Description**

Consciousness is fundamental to human change processes, and in this immersive experience you will learn about the art and science of cultivating the kinds of conscious experiences that promote wellbeing, cultivate resilience, foster integrative neurological growth, raise telomerase levels to maintain and repair the ends of chromosomes, optimize epigenetic regulators to decrease inflammatory diseases, and improve other physiological measures of medical health. These states of consciousness also are essential for relational health, equanimity and neural integration.

Both presentations and experiential immersions focus on what the mind is and how to cultivate a healthy mind. One aspect of mental life is the process of being aware, the ways we know and have a sense of the known within our subjective experience of being alive. When we combine a deep view of consciousness with emerging findings from the study of the social brain, we will see that clinical work to promote mental health can be greatly enhanced with these new insights and practical applications.

Mind includes consciousness and information processing, as well as a regulatory function called “self-organization.” This emergent, self-organizing process of the mind is both embodied—it is within our bodies including our brains—and in our relationships with others. How consciousness itself may relate to this self-organizing function will be explored in depth and clinically relevant information and practices will be offered to cultivate a healthy mind.

*CE Credit at no extra cost when you pass the online test with a score of 80% or better. Select the type of CE credit you require, Remember to include your License # at checkout and we will send you the test link in a separate email.*

The presentations included are:

- Love and Well-Being - Jack Kornfield & Trudy Goodman Kornfield
- Mindfulness/Heartfulness = Shauna Shapiro
- Therapeutic Relational Presence: Cultivating Shared Consciousness for Positive Well-Being - Shari Geller
- Learning to Be a Self, from Reward to Habit, and How Conscious Awareness can Tap Into this Process for Self-Transcendence - Judson Brewer
- The Wheel of Awareness and the Integration of Consciousness - Dan Siegel
- Panel d1
- Mind-body Medicine, Consciousness and Health - Helen Lavretsky
- The Art and Science of Self Compassion - Kristin Neff
- Train Your Mind to Save Your Brain - Gary Small
- Toward Creating a Natural Anti-Depressant Brain - Elisha Goldstein
- Building Cognitive Resilience with Mindfulness Training in High Stress Cohorts - Amishi Jha
- The Art and Science of Presence: Awareness of Embodied Social Identity as a Pathway to Interconnectedness - Dan Siegel & Rhonda Magee
- Panel d2
- The Enlightened Brain: Mapping the Brain of Higher Consciousness - Deepak Chopra
- What can Alzheimer's Teach us About the Brain, Mind and Self? - Rudolph Tanzi
- Living the Living Presence - Menas Kafatos
- The Nature of Mind - Dan Siegel
- Discussion & Q & A - Chopra, Kafatos, and Siegel
- Final Panel

Coordinators: Marion Solomon, Ph.D & Bonnie Goldstein, Ph.D., Daniel Siegel, MD, Gary Small, MD

### **Objectives**

Discuss the relationships between and employ the 4 training modalities (Love, Compassion, Equanimity & Inner Well-being) of the Buddhist Psychology map.

Utilize a 3 step forgiveness process with clients and patients

Discuss how presence with others (relational presence) activates a shared state of consciousness

Utilize two different methods of integrating mindfulness and meditation in clinical work

Summarize 3 ways to utilize tools to activate relational presence & embedded relational mindfulness

Illustrate how mindfulness practices help us "unlearn" unhealthy habits

Identify three neurobiological ways that habits are formed

Outline 4 integrative aspects of Mindfulness Based Stress Reduction, and their direct implications for clinical practice.

Plan an approach to working with traumatized clients, incorporating five tools that clinicians can apply therapeutically.

Define the acronym SAFE and the role the practice of it plays in deconditioning the depression loop.

List the 4 questions that can install positive beliefs in even the most stuck clients.

Identify 3 brain structures associated with self-referential processing.

Explain the relationship between telomere shortening and healthspan.

Recognize 4 risk factors for age-related cognitive decline.

Identify 3 core elements of mindfulness.

State 3 goals of mindfulness research.

Discuss the neurophysiological underpinnings of therapeutic presence.

Discuss the unifying framework for understanding and integrating interdisciplinary concepts.

Outline 3 aspects of quantum physics that may be relevant for the practice of psychotherapy.

State 3 common elements between psychoanalysis and quantum physics.

Discuss how humans connect to the cosmos and its role in Mindfulness based therapy.

### **CE Credit**

This program is eligible for up to 17 Hours of CE Credit. The following continuing education credit options are available for this program:

**Marriage and Family Therapists, Licensed Professional Clinical Counselors, Licensed Educational Psychologists & Licensed Clinical Social Workers:** Lifespan Learning Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, & LEPs. Lifespan Learning Institute maintains responsibility for this program/course and its content. (provider # 050085)

**Psychologists:** Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this program and its contents. The Ethical Principles of Psychologists will be upheld.

**IMPORTANT NOTICE:** California Association of Marriage and Family Therapists, Board of Registered Nurses and IMQ/CMA are California accrediting organizations. It is the responsibility of participants licensed in other states to verify whether their Licensing Board will accept the CE Credit we offer.

### **Specification**

Conference Recordings	
CE Hours (optional)	17 Hours
format	mp4 video
Presenter(s)	Judson Brewer, Deepak Chopra, Elissa Epel, Shari Geller, Bonnie Goldstein, Elisha Goldstein, Trudy Goodman Kornfield, Amishi Jha, Menas Kafatos, Jack Kornfield, Helen Lavretsky, Rhonda V. Magee,, Kristin Neff, Pat Ogden, Shauna Shapiro, Daniel Siegel, Gar
Series	IPNB
Time	17 Hours 9 Minutes (19 videos)
Year	2017