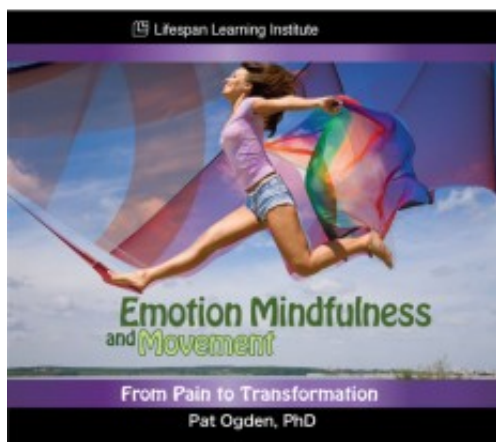


# Emotion, Mindfulness and Movement



**Price: \$35.00**

## **Description**

This workshop emphasizes techniques that help resolve the painful emotions, cognitive distortions and intimacy issues associated with attachment failure, and clarifying body-oriented techniques that mitigate trauma-related dysregulation. Through the lens of attachment theory, Dr. Ogden will demonstrate movement interventions and the use of "directed mindfulness" techniques to expand the patient's window of affect tolerance. Pat Ogden is the founder and director of the Sensorimotor Psychotherapy Institute, in Colorado, co-founder of the Hakomi Institute, has served on the faculty of The Naropa University since 1985. For 35 years she has pioneered the development of somatic psychotherapy for work with individuals and groups, and specializes on treatment of trauma and attachment.

*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.*

## **Objectives**

After completion of this program you will be able to:

1. Explain the nature of body-based survival responses.
2. Recognize and discuss the effects on the ANS (autonomic nervous system) when intense emotions are avoided.

3. Illustrate treatment methods that incorporate principles of sensorimotor psychotherapy and mindfulness.
4. Recognize specific steps in treatment of contract, access, process, transformation and integration.

**CE Credit (optional)**

This program is eligible for up to 2.5 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 and Board of Registered Nurses 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)	2.5
format	mp3 audio
Presenter(s)	Pat Ogden, PhD
Time	2.5 hours
Year	2009