

# Mindfulness and Psychotherapy: Sangha Day



**Price: \$65.00**

## Description

"In a secular sense Sangha refers to the community of fellow practitioners: here it means all psychotherapists, health professionals, meditators, and those who are doing compassion-based work who want to deepen and refine their understanding of health, healing and what's possible for the human heart..This program opens out to a community of speakers representing different parts of the country and different facets of clinical practice. Each speaker brings their area of expertise to the wider community of the conference. With this as our direction for the day the presenters further the process of creating ways of exploring and experiencing the interconnected web of ourselves, living with others, with all life, in-the-world. Such an experience of interbeing is a natural expression of mindful mind, compassion for all beings and the wisdom of unbiased awareness.

## Objectives

After completing this program listeners will be able to:

1. Explain how being aware of experiences in the present moment, without grasping onto judgments, is associated with enhanced physiological, psychological, and interpersonal processes.
2. Identify mindful awareness practices that enhance the capacity for integrating mindfulness within clinical psychotherapy and health care practice.
3. Discuss the possible neurobiological roots of mindfulness.

## CE Credit (optional)

This program is eligible for up to 6 Hours of CE Credit. The following continuing education credit options are available for this program:

**Certified Counselors:** The Lifespan Learning Institute is an approved provider for the National Board of Certified Counselors. This program meets the qualifications for 6 hours of continuing education credits.

**Marriage and Family Therapists, Licensed Professional Clinical Counselors, Licensed Educational Psychologists & Licensed Clinical Social Workers:** Lifespan Learning Institute (PCE21) is approved by the California Board of Behavioral Sciences to provide continuing education for MFTs, LPCCs, LEPs and LCSWs. This Course meets the qualifications for 6 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.

**MDs:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA). The Lifespan Learning Institute is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

The Lifespan Learning Institute designates this live activity for a maximum of 6 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

**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.

**Registered Nurses:** The Lifespan Learning Institute is approved by the California Board of Registered Nursing, provider # 03424. This program is approved for 6 contact hours.

**IMPORTANT NOTICE:** Board of Behavioral Sciences, 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)	6
Presenter(s)	Daniel Siegel, Tara Brach, Harriet Kimble Wrye, Sara Lazar
Presenter(s)	2007
Series	Mindfulness & Psychotherapy
Time	6 hours