

# A Day of Mindfulness (FULL MP3 digital Program)



**Price: \$35.00**

## Description

Mindfulness helps you differentiate different streams of awareness. It invites deepening of integration by differentiating and linking things. Siegel describes additional senses, beyond the commonly understood five senses. Ogden describes working with the pattern of response in the body rather than the content of a traumatic memory (e.g.: a rape). Leading Clinician and neurobiologist Daniel J. Siegel, M.D., presents a framework for maintaining mental health and well-being through mindfulness meditation, and secure attachment, effective psychotherapy. Siegel skillfully weaves together the interpersonal, the inner world, the latest science, and practical applications, all envisioned as a whole. Siegel's unifying formulations use theory, science, and anecdote to reveal how to transform the brain as well as promote well-being.

*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.*

also available as mp4 video

## Objectives

After completion of this program you will be able to:

1. Explain how to turn neural firing patterns toward integration.

2. Discuss "the role of the brain, relationships and the mind in the regulation of energy and information flow.
3. Distinguish "awareness of awareness" and "attention to attention."
4. Identify mindfulness at a meta-level rather than content.
5. Explain interoception in the process of tracking what's going on inside.

**CE Credit (optional)**

This program is eligible for up to 3 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 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)	3
format	mp3 audio
Presenter(s)	Pat Ogden, PhD & Daniel J. Siegel, MD
Time	3
Year	2009

**Product Gallery**

