

Advanced Mindfulness: Integrating Cutting-Edge Neuroscience and Mindfulness Skills in the Treatment of Mental Health Disorders and Emotional Dysregulation

Presented by
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PROGRAM DESCRIPTION:

Key Points about how attending this workshop will benefit you and your professional effectiveness:

- Explore the exciting advances in neuroscience that are revolutionizing therapy
- Utilize the convergence of neuroscience and mindfulness to accelerate client change
- Learn mindfulness techniques and practices that are supported by the new neuroscience
- Understand implicit, emotional hijackings and the brain's alarm system and their application to therapy
- Strengthen your own mindfulness as a foundation for therapeutic presence
- Experience practices that will re-energize you and increase your effectiveness with clients

OBJECTIVES

- Identify the common elements of mindfulness
- Teach easy-to-understand mindfulness practices to clients
- Evaluate your own level of mindfulness
- Understand the three levels of meditative practice and their relationship to mindfulness in daily living
- Describe the latest developments in neuroscience related to effective counselling
- Explain the brain's warning system
- Utilize basic terms and concepts of brain function in the counselling process
- Apply specific mindfulness practices in both your personal and professional life

OUTLINE

Review of Mindfulness Basics

- The qualities of mindfulness
- Mindfulness as a practice of manifesting best intentions
- Mindfulness as a path of healing
- Introducing mindfulness to clients
- The Circle of Liberation
- The Witness
- Conscious breathing and the realization response

Stabilizing and Deepening Mindfulness

- Meditation as a foundation for mindfulness
- Giving the brain “an evolutionary nudge”
- The three levels of meditative practice
- Stabilizing attention
- Cultivating awareness of the inner landscape
- Opening to the spaciousness of mind
- Formal and informal practice

Experiential Exercise and Discussion of Meditation Experience

Negative States and Basic Brain Function

- The triune brain
- The brain’s alarm system
- Fight-flight-or-freeze and stress responses
- Explicit and implicit memory
- Emotional hijackings and neural disintegration
- Emotional memory and the present experience of anxiety, anger and depression
- Case examples

Neuroscience Research and Transformation

- The paradigm shift in neuroscience: neuroplasticity
- Interpersonal neurobiology
- Mirror neurons
- “Reconsolidation” of negative memories, messages and energies

Seven Resources Supporting Mindfulness and Lasting Happiness

- The witness
- Brain function
- Self-regulation
- Life story
- Insight development
- New realities
- A personal strategy and practice

Cultivating Positive States: A Guided Meditation

Questions and Discussion of the Manual