



Clinical Application of Mindfulness

Saturday, May 5, 2012

For health professionals

*Led by Katherine Hammond Holtz, Psy.D.
Sponsored by the Greater Pittsburgh Psychological
Association (GPPA)*

Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. *-Zen Master Thich Nhat Hanh*

The Clinical Application of Mindfulness: A Specialized Program for Clinical Disorders is an advanced program that will cover:

- *research findings examining the benefit of mindfulness for a range of clinical disorders*
- *the emphasis of the clinician's own presence of mindfulness when offering these practices to clients*
- *the mindfulness program developed by Dr. Hammond Holtz for use with clinical disorders*
- *case studies examining the application of mindfulness*

Research has shown that a regular practice of mindfulness meditation can result in an increased ability to relax, greater energy and enthusiasm for life, and an ability to cope more effectively with both short and long-term stressful situations. *- Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts*

**Check-in begins at 9:00 am.
The program starts at 9:30 am
and ends at 4:00 pm**

Location

*The Center for Counseling Arts
Group Room, 2nd Floor
1201 South Braddock Avenue
Pittsburgh, PA 15218*

Registration Information

- *Cost is \$125*
- *Attendance in a previous course of Dr. Hammond Holtz' is preferred but not required*
- *Register by April 20 or earlier as space is limited*
- *No refund after April 20*

**To receive a registration form
please contact:**

412 361 0773

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Katherine Hammond Holtz, Psy.D.

Dr. Hammond Holtz is a licensed psychologist in private practice in Pittsburgh, PA. She has practiced mindfulness for 25+ years. In 1991, she became a student of Zen Master Thich Nhat Hanh and established a community for mindful living. In 1992, she received a doctor of psychology (Psy.D.) degree from Indiana University of Pennsylvania. In 2002, she received ordination into the lay order of Thich Nhat Hanh.

She has organized and led mindfulness practice at retreats for 13 years, including local and national retreats. She has integrated mindfulness practice and psychotherapy for 16 years, having adapted mindfulness practice to address a wide variety of clinical disorders, including those with attentional and neurological disorders.

She participated in the teacher training intensive program for Mindfulness-Based Stress-Reduction (MBSR) that was founded by Jon Kabat-Zinn, Ph.D., through the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School and is now an identified MBSR Instructor. In 2010, she been training health professionals in the art of mindfulness and its implementation in clinical practice.

6 CE Credits are available