

Additional Program Information

The Clinical Application of Mindfulness: A Specialized Program for Clinical Disorders For Health Professionals Saturday, May 5, 2012

*Check-in begins at 9:00 am
Workshop begins at 9:30 am and ends at 4 pm*

This event is being sponsored by the Greater Pittsburgh Psychological Association (GPPA). The GPPA is approved by the American Psychological Association to sponsor continuing education for psychologists. The GPPA maintains responsibility for this program and its content.

6 Continuing Education Units (CEU) will be offered to psychologists. Professionals licensed under the PA State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors can also use credits provided by APA-approved sponsors. Full attendance is required to receive CEU credit; partial credit will not be given. CE certification is free to GPPA members, and an additional fee of \$15.00 to non-GPPA members. Please specify in your registration if you would like CE credits.

Learning Objectives

On completion of this program, participants will:

- 1) Be able to discuss five or more benefits that mindfulness based psychotherapy can result in.*
- 2) Be able to discuss five or more research benefits that mindfulness can result in for particular clinical disorders.*
- 3) Be able to describe a specialized mindfulness based program for clinical disorders.*

For questions about this workshop, please contact: Dr. Katherine Hammond Holtz, Psy.D. at 412 361 0773 or DrKatieHoltz@gmail.com Register by November 8th or earlier as space is limited. **The fee is non-refundable after April 20.**

For CE or other sponsor questions, please contact GPPA CE Committee Co-Chair Kit Gautier, Ph.D. at (412) 401-5054.

The workshop will take place at The Center for Counseling Arts, located in Regent Square. It is on the second floor above Eyes on Regent Square and across the street from McBroom's beer distributor. Enter on the side of the building (which is on Sanders Street), 2nd floor, third door on the right. For directions, Google: 1201 S. Braddock Avenue, Pittsburgh, PA 15218. For questions on the day of the workshop only, please contact 412 770 5450.

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Saturday, May 5, 2012*

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REGISTRATION FORM: Register by April 20 or earlier as space is limited. Fees will not be refunded after April 20

Completion of one of Dr. Hammond Holtz' The Practice of Mindfulness courses within the past two years is preferred.

I am a GPPA Member _____

Standard Cost \$125 _____

CE certification for non-GPPA membersadd \$15 _____

CE certification for GPPA membersadd \$0 _____

Total _____

Make check payable to: **The Greater Pittsburgh Psychological Association (GPPA)**
and send with registration form to:

**Katherine Hammond Holtz, Psy.D.,
401 Shady Avenue, Suite B-207
Pittsburgh, PA 15206**

Name _____

Mailing Address _____

E-Mail _____

Cell phone: _____ Home phone: _____

PRIMARY PROFESSION:

Psychiatrist ___ Psychologist ___ Social Worker ___ Counselor ___ Grad Student ___

Other (please state) _____

Gender _____ Age _____ Other information you would like us to know: _____

Please check all that apply:

I attended Dr. Hammond Holtz' Practice of Mindfulness workshop on _____ (date)

I have attended other mindfulness based psychotherapy trainings: _____ If yes, please list:

I presently have a dedicated mindfulness practice _____

I have attended a mindfulness retreat(s) in the past _____

If yes, approximately how many _____ If yes, in what tradition(s)

I am familiar with Zen Master Thich Nhat Hanh _____ I am familiar with MBSR _____

What to Bring: Dress comfortably. Bring a mat and meditation cushion if you have them, and bring a blanket for guided lying down meditation. Chairs will be provided. Bring a brown bag lunch; any utensils you may need, and cloth napkin. Beverages will be available, although you may wish to bring your own water bottle.