

Training Opportunity

Mindful Practice: Tools to Reduce Stress and Burnout and Promote Effective Communication

Have you ever felt burned out, overwhelmed or frustrated at work? Are you dealing with difficult communications, challenging situations, and information overload?

We cannot always control what is outside of ourselves but we can use tools, like Mindfulness, to help reduce stress, create calm, promote effective communication, and cultivate a greater sense of fulfillment. This training will allow you to explore the foundations of mindfulness through awareness of the body, emotions, and thoughts through both formal meditation and informal on-the-spot practices.

Trainer: Stefanie Goldstein, PhD., is a Licensed Clinical Psychologist and the Director and Co-founder of the Center of Mindful Living in West Los Angeles. She is also a co-creator of CALM: Connecting Adolescents to Learning Mindfulness, a program that teaches mindfulness and social and emotional learning to teens.

Dr. Goldstein specializes in integrating mindfulness while working with stress, anxiety, depression, addiction, and trauma. She utilizes an integrative approach by drawing from traditional psychodynamic psychotherapy, cognitive therapy, and somatic psychology.



Two training days available: August 25, 2016 or September 1, 2016

9am to 1pm
at Westside Regional Center—Danneker Boardroom

To register for one training day only, go to:

<https://mindfulness-training-wrc.eventbrite.com>

If you have any questions, contact Lindsay du Plessis at lindsayd@westsiderc.org or 310-258-4204.

This training event is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.