



The Post-Graduate Center
Institute for Graduate Clinical Psychology
Widener University
www.postgraduatecenter.org

Cultivating Ideas.

Spring 2012 Workshops
Continuing Education Workshops



**Mindfulness - Based
Interventions: Scope, Effectiveness,
and Future**

Frank Masterpasqua, PhD

Friday, March 30th, 2012 1:00pm-4:00pm

University Center | Webb Room

CSA Elective | 3 CE Credits (MUST ATTEND MORNING WORKSHOP TO RECEIVE
ELECTIVE CREDIT for CSA CERTIFICATE)

To Register: www.widenerconferences.com



Workshop Description

Mindfulness has been practiced for thousands of years, and is now becoming integral to modern clinical psychology. After a brief history of the ancient and contemporary roots of mindfulness, this workshop will be devoted to describing the current manifestations of mindfulness-based practice including: mindfulness-based stress reduction, mindfulness-based cognitive therapy, acceptance and commitment therapy, dialectical behavior therapy, as well as psychodynamic therapy. Mechanisms common to these approaches will be discussed. One common theme is “therapeutic presence”, and the importance of mindfulness practice for clinicians will be emphasized. Recent outcome research will then be reviewed and discussed. Finally, we will discuss the future of mindfulness in the context of other positive psychological interventions, e.g., compassion-focused therapy, and the “broaden and build” model.

This workshop applies as an elective for the Child Sexual Abuse Certificate Program.* Participants do not need to be enrolled in a certificate program to attend these workshops.



Objectives

Participation in this program will enable you to:

- Describe the history and current breadth of mindfulness-based interventions
- Outline preliminary description of the current mindfulness-based approaches
- Provide an overview of outcome research assessing the effectiveness on mindfulness-based interventions,
- Outline possible mechanisms by which mindfulness functions
- Offer future possible theoretical and clinical manifestations of mindfulness-based interventions, e.g. compassion-focused therapy, the broaden and build model of psychotherapy

3 CE credits will be offered to participants completing post-workshop forms. Widener University, The Institute for Graduate Clinical Psychology, is approved by the American Psychological Association to offer continuing education for psychologists. Widener University maintains responsibility for the program. Widener University, The Center for Social Work Education, is approved by the Pennsylvania State Board of Social Work Examiners to offer continuing education for social workers.

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