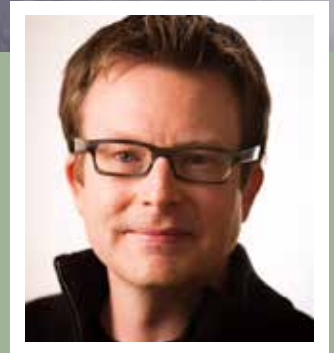




UNCOVERING HAPPINESS: OVERCOMING DEPRESSION WITH MINDFULNESS AND SELF-COMPASSION

ELISHA GOLDSTEIN, Ph.D.

Dr. Goldstein is a prominent psychologist, speaker and author who has published numerous articles, chapters and books. His works include his most recent book, *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*, as well as the bestselling books *The Now Effect: How This Moment Can Change the Rest of Your Life* and *A Mindfulness-Based Stress Reduction Workbook*.



Antidepressants are currently the most widespread treatment for depression. However, mindfulness and self-compassion techniques can be equally effective at releasing natural antidepressants in the brain. In this innovative one-day workshop, Dr. Goldstein explains how the latest neuroscience research can inform the best approach for depressed clients. In particular, he highlights the parallels between the effects of trauma and depression on the brain.

LEARNING OBJECTIVES:

- Identify three practical, formal ways to enhance positive neuroplasticity when working with patients.
- Understand the practice SAFE and the benefits of using it to reduce the depressive loop.
- Discover three current neuroscientific studies showing the relationship between mindfulness, compassion, play and a stronger brain.
- Explore key self-compassion practices for self-care, which your clients can use to create healing and forgiveness around pain.




Date: November 30, 2015

Location: Army Officers Mess
149 Somerset Street West
Ottawa, ON K2P 0H7

Time: 9:00 am - 4:30 pm

Cost: Early Bird (before November 16, 2015)
- \$199 + HST
Regular Admission
- \$225 + HST
Group & student rates avail.

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- 3) **Fax** – Complete the registration form and fax it to 613-702-0339
- 4) **Mail** – Send the completed registration form and cheque to 438-1500 Bank St. Ottawa, ON, K1H 1B8
- 5) **Phone** – Call us at 613-702-0339 or 1-877-895-2867

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- 5) **Téléphone** – Appelez-nous au 613-702-0339 ou 1-877-895-2867

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