



Experiential and tutorial training in DBT mindfulness skills

Mindfulness and Reality Acceptance for Personal and Professional Practice

Mindfulness has emerged as an important focus of several empirically supported treatments. The roots of Mindfulness stem from the contemplative practices common to both Eastern and Western spiritual disciplines and the emerging scientific knowledge about the benefits of “allowing” experiences rather than suppressing or avoiding them.

The mindfulness skills taught in this workshop come from Dialectical Behavior Therapy (DBT), an empirically supported treatment for individuals with difficulties regulating emotions and impulsive behavior.

The workshop is intended for mental health providers interested in personal mindfulness practice or the use of mindfulness in psychotherapy, regardless of their specific approach to treatment. It is not aimed specifically at DBT® or CBT therapists.

Training Details:

Whitby, ON
(Greater Toronto Area)
October 24-25, 2016
Open to all mental health professionals

Co-Host:

Ontario Shores Centre for
Mental Health Sciences

Trainer:

Ronda Oswald Reitz, PhD



Register by September 12 for an early-bird discount!

behavioraltech.org/schedule