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Mindfulness and Relationships: Enhancing Therapist-Client Connection and Treatment of Couples

Presenter: Steven Alper, LCSW

November 3, 2017 (Friday)

Mindfulness is all the rage these days in psychotherapy. Beginning with MBSR, followed by DBT, ACT, MBCT, MB-EAT, MBRP, and many others, this “third wave” of cognitive-behavioral therapy has produced a veritable alphabet soup of treatments employing mindfulness techniques to treat disorders ranging from anorexia to zoophobia, as well as positive psychology interventions to enhance therapist and client distress tolerance, emotional self-regulation, and resilience.

But mindfulness is much more than a set of techniques to use in therapy. Mindfulness in therapy is first and foremost a mode of embodied presence, a method of inquiry, and a way of being and relating to experience cultivated by the therapist in his or her ongoing discipline of mindfulness meditation practice. The therapist can then embody mindfulness as healing presence in the therapist client-connection to enhance therapeutic outcomes and the experience of therapy for both client and therapist, and to effectively teach mindfulness techniques to clients.

Join internationally-recognized mindfulness trainer Steven Alper, LCSW for this ground-breaking workshop. Learn a bold, intersubjective, relational and trans-theoretical approach to incorporating mindfulness in psychotherapy that will enhance the therapeutic relationship and couples therapy outcomes—but is equally applicable to all primary practice modalities and theoretical orientations. Learn about...

- What mindfulness isn't and is
- A vertically integrated, transtheoretical model for incorporating mindfulness in any psychotherapy practice
- How mindfulness can inform and empower the therapist-client relationship
- How mindfulness can enhance couples therapy, and couples intimacy and connection

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For more information:

Visit our website at www.RTIprojects.org or
Contact Suzanne Smyth-Cohen at 619.296.8103, ext. 10
E-mail: info@RTIprojects.org

ABOUT THE SPEAKER:

Steven Alper, LCSW, has been an ardent mindfulness meditation practitioner for over 35 years. He pioneered the first Mindfulness-Based Stress Reduction (MBSR) programs in hospitals in Southern California at UCSD Department of Psychiatry in 1994, and he was the director of the Scripps Clinic MBSR program from 1995-2005. Steve is the author of the book, *Mindfulness Meditation in Psychotherapy: An Integrated Model for Clinicians*, and he has presented workshops on Incorporating Mindfulness in Psychotherapy to mental health professionals nationally and internationally.



DATE, TIME & LOCATION:

November 3, 2017 (Friday)
Registration: 8:00 AM
Workshop: 8:30 AM - 3:30 PM
National University-Spectrum Campus
9388 Lightwave Avenue
San Diego, CA 92123

FEES

\$160 (paid registration by October 9)
\$175 (paid after October 9)
\$145 Full-time Student/Allied Agency/
SDPA/SD-CAMFT (paid by Oct. 9)
\$160 Full-time Student/Allied Agency/
SDPA/SD-CAMFT (paid by Oct. 9)

Registration Options:

On-line: www.RTIprojects.org
Fax: 619.296.5027
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This workshop is approved for 6.0 Continuing Education Hours. Meets requirements for Ethics Training for Psychologists, Clinical Social Workers, and MFTs.



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