

Agenda

The Science and Art of Mindfulness in Psychotherapy ***Elisha Goldstein, Ph.D.***

9:00 - 9:10	Welcome and Introduction
9:10 - 10:30	What is Mindfulness in Psychotherapy? <ul style="list-style-type: none">• What it is and is not• The dangers of meditation• Why it's essential
10:30 - 10:40	Morning Break
10:40 - 12:10	Mindfulness-Based Treatments: An Overview <ul style="list-style-type: none">• The five common elements• The neuroscience of mindfulness• Mindful Inquiry
12:10 - 12:50	Lunch
12:50 - 2:20	Applications of Mindfulness in Psychotherapy <ul style="list-style-type: none">• Treating Anxiety Disorders• A key self-compassion meditation• Treating depression, addiction and other practices
2:20 - 2:30	Afternoon Break
2:30 - 4:00	Priming Our Minds for Good How to enhance happiness and resiliency