



AGENDA

The Use of Mindfulness in Clinical Practice

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| 9:00-9:10 | Welcome and Introduction |
| 9:10- 10:30 | Defining Mindfulness
Research, Limitations, & Potential Risks
Jon Kabat-Zinn's Definition and its Clinical Applications <ul style="list-style-type: none">-Recognizing patterns-Distinguishing thoughts from sensory experiences-Bringing mindfulness into daily life |
| 10:30-10:40 | Morning Break |
| 10:40-12:10 | The Mechanisms of Mindfulness
Cognitive and Behavioral Mechanisms <ul style="list-style-type: none">-Exposure Therapy-Decentering from Thoughts-Filling Attentional Channels-Self-Compassion Neurological Mechanisms <ul style="list-style-type: none">-Experience-dependent Neuroplasticity-The Medial Prefrontal Cortex-fMRI Studies with Children & Adolescents |
| 12:10-12:50 | Lunch Break |
| 12:50-2:20 | Mindfulness Strategies & Techniques
Evidence-Based Programs Using Mindfulness
Mindful Inquiry
Common Obstacles
Three-minute practice
Mindfulness of the breath and of thoughts
Mindful stretching and walking |

2:20-2:30	Afternoon Break
2:30-4:00	Mindfulness for Specific Presenting Issues Anxiety Depression -The problem of relapse -Mindfulness-Based Cognitive Therapy Trauma -File Cabinet Exercise Panic Obsessive-Compulsive Disorder -Essentials of exposure: time and situation Bipolar Disorder ADHD Chronic Pain Insomnia