Meditation practices have become more widely accepted in the United States over the past 20 years, largely due to extensive research that shows its effectiveness for reducing stress and negative emotions in a myriad of conditions, including chronic pain, cancer, cardiovascular disease, depression, and anxiety. Therapists are increasingly incorporating mindful meditation practices with their clients and in their own personal lives. In this experiential workshop, participants will be guided through 3 mindful meditation practices used in evidence-based mindfulness-based interventions: Body Scan, Mindful Eating, and Sitting Meditation. Following each meditation, participants will explore its effects on the mind/body connection. Then we will discuss the latest research that explains how each practice affects the brain to reduce suffering and enhance well-being.

Learning Objectives

1. Define Mindfulness
2. Review the evidence for mindfulness-based interventions
3. Practice a Body Scan meditation
4. Describe the neurological correlates of the Body Scan meditation
5. Practice a Mindful Eating Exercise
6. Describe the habit loop of craving, and how mindfulness can reduce problematic eating behaviors
7. Practice a Sitting Meditation
8. Describe the neurological correlates of a sitting meditation practice

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