

Your Brain On Mindfulness

with Sharon Theroux, PhD, ABPP

Friday, March 29, 2019 from 9:00 a.m. to 4:00 p.m.

Early Registration extended through 2/28/19:

\$139 Professional / \$119 General Public

After 2/28/2019:

\$159 Professional / \$139 General Public

Vegetarian lunch included

UW School of Medicine, 750 Republican St. Room F106, Seattle WA, 98109



7 CEs/CPEs Approved for Psychologists, Dietitians, Social Workers and Mental Health Professionals

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.



International Seminars Group is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. International Seminars Group maintains responsibility for its programs and content.

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



Sharon M Theroux, PhD, ABPP is a licensed psychologist and board certified neuropsychologist, working in private practice since 1995. She specializes in the treatment of depression, anxiety, chronic pain, addictions, and problematic eating behaviors. She is founder of the South Florida Center for Mindfulness, and co-founder of International Seminars Group. She is certified to teach MBSR by the Oasis Institute at the Center for Mindfulness in Medicine, Healthcare, and Society at the University Of Massachusetts Medical School, and a Trained Mindful Self-Compassion (MSC) Teacher through the University of California at San Diego.

FOR MORE INFORMATION PLEASE CALL 360-830-6439 OR VISIT

www.Mindfulnessnorthwest.com