

A one-day workshop

Exploring Mindfulness for clinical use: an advanced program exploring evidence-based mindfulness programs



WHEN

Thursday 14 November 2019
9:00am – 5:00pm

WHERE

AASW Melbourne Office
Level 7, 14-20 Blackwood Street,

COST

AASW Member	\$170
AASW New Grad	\$140
AASW Student	\$120
Non-Member	\$230

CPD HOURS

7 CPD hours
Category 2: Skills and Knowledge/Workshop
Registrations limited to 26 people
Includes catering and refreshments
****FPS Relevant Activity****
****Can count towards AASW Mental Health Accreditation CPD requirements****

Workshop Overview:

This one-day program will consist of some practice, a range of short talks and facilitated discussion around a range of topics. The program will overview a range of evidence-based programs (excluding ACT) using mindfulness and will explore issues, such as negative side-effects, use of inquiry, homework, formal and informal methods and use of mindfulness and concentration practices.

Learning Outcomes:

- Review what we know of mindfulness through a brief sharing facilitated by a brief review of the science and concept of mindfulness;
- Increase understanding of side-effects of mindfulness and potential antidotes;
- Understand the need for client safety;
- Improve awareness on the requirements of persons teaching mindfulness;
- Improve/gain an understanding of inquiry;
- Greater knowledge and skill in the application of mindfulness in clinical practice;
- Respect trauma-informed principles in the application of mindfulness, and
- Consider our professional support frameworks in the use of mindfulness and next steps.

Meet the Presenter:

John Julian has 40-year history as a mental health clinician. John, until recently, was the manager and senior trainer of the LAMPS education and training cluster covering South East Victoria public mental health services. John specialises in teaching mindfulness, CBT, counselling, suicidality and mindful-self compassion programs and has a small private practice offering compassion focussed therapy and supervision.

To register visit: <https://www.aasw.asn.au/events/event/exploring-mindfulness-for-clinical-use-an-advanced-program-exploring-evidence-based-mindfulness-programs>

For more information call 9320 1012 or email aaswvic@asw.asn.au

This event is presented by the Australian Association of Social Workers (VIC BRANCH)