East Meets West: An Experiential and Evidence-Based Encounter with Jon Kabat-Zinn’s Mindfulness-Based Stress Reduction

Diane Handlin, Ph.D.

Objectives:

Objectives of this presentation are to help participants attain:

1) A clear conceptual and experiential definition of mindfulness so they leave with first-hand experience of mindfulness practice.

2) An experiential and conceptual framework for how mindfulness practice can be used to facilitate the treatment provider’s physical, cognitive and emotional availability to what unfolds in the consulting room on a moment to moment basis.

3) A basic understanding of MBSR as an educational program, its potential for appropriate clients, and its usefulness as an adjunct to ongoing therapy.

4) An overview of the substantial body of current empirical evidence (over 10,000 studies at NIH alone) supporting the use of MBSR in clinical settings.

5) An understanding of how development of greater skills of attentiveness can impact psychological well-being and clinical effectiveness.

Date: Friday, December 2, 2011

Time: 11:45 am - 12:15 pm Registration and Welcome

12:15 pm - 2:45 pm Presentation & Luncheon

Location: Twin Brooks Country Club
600 Mountain Blvd.
Watchung, NJ 07069

Directions: From the East or West via I-78: Take the CR 531 South exit (Exit 40) toward the Plainfields/Watchung. Coming from the East, turn left onto Hillcrest Rd. / CR 531 S. Coming from the West, turn right onto Hillcrest Rd. / CR 531 S. Go 1 ¼ miles to stop sign. Turn right onto Valley Rd. You will immediately see a yield sign. This yield sign leads into the Watchung Circle. To get out of the circle follow the green signs to Warren/Mountain Blvd. (second exit). Twin Brooks Country Club is at 600 Mountain Blvd. 1 ¼ miles on the right.

Cost: $25.00 SHPA members / $35.00 non-members

About our Speaker: Diane Handlin, Ph.D. is the Founder and Executive Director of the Mindfulness-Based Stress Reduction Center of NJ in Metuchen, NJ, www.mindfulnessnj.com, where she is in private practice. She has trained at UMass Medical School’s Center for Mindfulness with Jon Kabat-Zinn and other Senior Faculty and has been teaching MBSR intensively for seven years. She received her degrees from Columbia University and Albert Einstein College of Medicine. (NJ lic.#3306, NY lic.#019840) and is a Supervisor of doctoral students at GASAAP. She has served as a Staff Psychologist at the former UMDNJ(now UBHC), and is a Consulting Psychologist and frequent public speaker. Dr. Handlin has been published in Sex Roles, Working Woman Magazine, Independent School Magazine, The London Observer, Time-Life Books, New Ideas in Psychology, New Jersey Life Magazine, and served as guest editor and contributor to two issues of The New Jersey Psychologist on “Mindfulness and Psychotherapy.” She is currently at work on a book on MBSR.

2 CE Credits

This program is co-sponsored by the New Jersey Psychological Association (NJPA) and the Somerset Hunterdon Psychological Association (SHPA). NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program.

Registration: To reserve a space, return this part of the form with a check or money order payable to: Mark Aronson, Ed.D. Questions can be directed toward Dr. Aronson at msaronson@verizon.net

Mail to: Mark Aronson – SHPA 12 Quimby Lane Bernardsville, NJ 07924

Name: ____________________________

Email: ____________________________

Phone: ____________________________

Registration deadline is November 28, 2011