

NEUROSCIENCE, MINDFULNESS AND PSYCHOTHERAPUTIC PRACTICE: AN INTEGRATED APPROACH

3 CE CREDITS

**Early
bird
pricing!**

A CONTINUING EDUCATION EVENT FOR MENTAL HEALTH PROFESSIONALS

FROM

Daybreak Counseling Services

AND

HOMEFRONT, LLC

What is Mindfulness?
Current Findings in Neuroscience
Mind-Body Connection
Integrated Approach to Psychotherapy/Counseling
Mindful Techniques for Optimal Functioning and Trauma Recovery
When the Helper Needs Help

Convenient location!

Connection Community Church
100 W Green St.
Middletown, DE 19709
Across from Middletown Fire Dept.

Registration fees: (includes lunch)
Early Bird Deadline to be announced

	Regular	Early Bird
1-2 persons	\$45	\$35
3+ persons	\$35	\$35

**GROUP
DISCOUNTS
AVAILABLE!**

DATE

To be announced

9 AM—Noon

LUNCH Noon to 1 PM

3 CE's

Approved by

NBCC, DE NASW

Certificate for DE APA

Meet our Presenters

Pam Calvert-Hirt, PhD Psychologist, Board Certified in Biofeedback

Dr. Calvert-Hirt practices and teaches mindfulness and self-regulation skills on a daily basis in her work as Director of Widener University's Biofeedback and Certification Center. She teaches Applied Psychophysiology to doctoral level psychology student and mentors professionals seeking board certification in biofeedback. She received her Doctorate and Masters in Health Care Administration from Widener University.

Gloria Fox, LPC, NCC

Gloria Fox also works at Treatment Research Institute, a UPENN affiliate that does research in addictions. Ms. Fox specifically researches Drug Treatment Courts and their effectiveness. Ms. Fox has been studying brain anatomy and neurotransmission and gaining a better understanding of how talk therapy and mindful work enhance treatment. She has been regularly attending Brain Studies classes once a month for 2 years with Dr. Jonathan Baylin, Ph.D.

Joyce Keene, LPC, NCC

Joyce Keene practices mindfulness and stress reduction with her clients who have been exposed to trauma. She works both with individuals and with couples to not only reduce PTSD symptoms but also to build bridges to a more functional and satisfying life post-trauma. Ms. Keene has 24 years of clinical and teaching experience in clinical settings, academia, public and private organizations.

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Seminar Program

Introduction

Meet the audience and presenters

Review the Learning Objectives

What is Mindfulness?

Historical roots

Prominent schools of thought

Mindfulness practice

Exercise

Current Findings in Neuroscience

Mapping the brain

Dynamics of neural activity

Exercise

Mind-Body Connection

Upstairs and downstairs brain

Sympathetic and parasympathetic nervous systems

Autonomic system breathing, heart rate variability, muscle tension

Exercise

BREAK



Continued . . .

Integrated Approach to Psychotherapy/ Counseling

Stress management & emotional health

Internal narratives: both positive and negative

Stress and trauma

Positive

Negative

Resilience

Exercises

Mindful Techniques for Optimal Functioning and Trauma Recovery

Biofeedback

Demo: Volunteers

Other Tools

When the Helper Needs Help Case Study

Main Inside Heading



Caption describing picture or graphic.

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

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Meet Our Presenters

54 South State St
Dover, DE 19901

Phone: 302-448-1450
Phone: 302-632-8842
E-mail: doriso@daybreakcounseling.org

REGISTRATION FORM

Name/Credentials _____ Phone _____

Business name and Mailing Address _____

E-mail address _____ (for confirmation of registration)

Special food needs? _____

Please complete this form and mail it with your personal check in the appropriate amount payable to:
Daybreak Counseling Services, PO Box 288, Middletown, DE 19709 by postmark October 31.

Registration Information

\$45 per person regular registration (all registrations include a light lunch).

\$35 per person early-bird registration

\$35 per person registration for groups of 3 or more persons.

For purposes of planning for the meal, please return mail-in registration by postmark 7 days prior to event.

To register by e-mail, contact doriso@daybreakcounseling.org. You will receive confirmation of registration upon receipt of your fee by mail.

To register by phone and pay by credit card, call Doris Obenshain at 302-448-1450 or Danny Cooper at 302-632-8842.

Refund of registration fee available thru 1 week prior to event, minus a \$10 processing fee. No refunds after that time.

About Daybreak Counseling

Daybreak is a non-profit pastoral counseling agency serving the entire state of DE. We strive to provide affordable quality care to those who might otherwise lack access to counseling services.

Our services are provided by graduate level clinicians with mental health training and a commitment to inviting our clients to integrate their spiritual values into their counseling work, according to their inclination.

Visit us on the web at:

www.daybreakcounseling.org

About Homefront, LLC

HOMEFRONT LLC is a counseling group offering services to those who have experienced trauma, HOMEFRONT also provides treatment for depression, anxiety, couples work and group work. Our treatment is based on the latest scientific understanding of the normal stress reaction and its influence on both the brain and the body.

While traditional talk therapy is one important component for trauma treatment, the addition of Mindfulness techniques often accelerates recovery by establishing new pathways for growth in the trauma-fixated brain and body.

