Two days of Applied Mindfulness featuring Flint Sparks
Mar 10-11, 2015, 9am-4pm; Cost: $150 per day

Day 1: Using Mindfulness in Your Practice: Wisdom and Compassion in Counseling and Coaching

Relief from emotional suffering is the goal of both contemporary psychotherapy and Buddhism. During the first day, we will draw on contemporary approaches to psychotherapy that weave together applied mindfulness practices to better understand the human mind. Our investigation will draw on perspectives from child development, attachment theory, interpersonal neurobiology, and contemplative psychology.

After this course, students should be able to:
• Describe how the traditional practice of mindfulness finds expression as assisted self-discovery in psychotherapeutic healing.
• Summarize in what ways does the mindful presence of the therapist serve as a foundation for effective psychotherapy.
• Identify the qualities of a wise, mindful therapist, and describe how therapeutic wisdom is cultivated.

Day 2: Deeper Engagement in Applied Mindfulness in Clinical Practice

Day two is an experiential deepening of the foundational practices and clinical approaches discussed and demonstrated in Day 1. The day will include practices that encourage loving presence, quieting the mind, opening to spiritual and emotional nourishment in therapy, and using the body as a conduit for emotional change.

After this course, students should be able to:
• Identify ways to soften the barriers to emotional and spiritual nourishment for the therapist and the client.
• Recognize how quieting the mind and body of both client as well as the therapist can support assisted self-study in mindfulness.
• Apply ways to see beyond symptoms and labels to reveal more workable solutions in the healing process.

NOTE: You may register for both days or only day one. Day two cannot be taken as a stand-alone course.

Instructor: Flint Sparks, PhD, a psychologist with more than 25 years of experience in the practice of psychotherapy. He is also an ordained Zen Buddhist priest currently serving the Appamada community of Austin, Texas. Sparks’ teaching and consulting bridge the fields of health psychology, the psychology of contemplative practices, and traditional Zen Buddhist practice.

A FREE Public Lecture from Flint Sparks
Growing Up and Waking Up: Psychological and Spiritual Maturity in Everyday Life
Thursday, Mar 12, 2015
The Pyle Center, 7-8 pm
Open to the public. No fee; goodwill donations accepted.

In his talk, Sparks will investigate the relationship between the two primary streams of human development—psychological and spiritual. These two strands of development form our personalities and inform our relationships. They are the source of all of our joys as well as our sorrows, and together they represent the double helix of full human maturity.
Body Mindful Practitioner: An Innovative Model Using Body-Centered Skills for Therapists, Counselors and Coaches with Suzanne Kilikus, PhD

Apr 7, 2015; 9am-4pm; Cost: $150

Learning simple body-centered skills greatly enhances the effectiveness and efficiency of the therapeutic or coaching process for clients. It gives them tools for self-regulation that promote healing, deeper understanding of self and others, and maturation. This workshop includes presentations, experiential learning, demonstrations, and group discussion.

After this course, students should be able to:
• Describe research-based strategies that support rapid shifts in clients and their relationships;
• Apply body-centered skills that elicit change at the neuronal level which supports the development of emotional health and mindful living;
• Develop self-awareness strategies for practitioners;
• Demonstrate how to use entire-body learning to resolve issues and create new pathways for learning.

Instructor: Suzanne Kilikus, PhD, LMFT, BCC, is a marriage and family therapy expert and a relationship coach. Kilikus has practiced psychotherapy since 1979 in a variety of settings, including community mental health, higher education and—for the last 26 years—in private practice. She has her PhD in somatic psychology and has certificates in life coaching from The Hendricks Institute for BodyMind Integration and Guiding Mindful Change.

Transformational Journal Writing Techniques for Counselors, Social Workers, Nurses, and Other Health Care Professionals with Julie Tallard Johnson

Apr 24, 2015; 9am-4pm; Cost: $150

This workshop gives professionals evidence-based journaling techniques and prompts to help clients become more positive and increase treatment success. The techniques can help clients dealing with pain, depression, resistance, self-abuse, anxiety, and panic disorders. Participants will receive a list of resources and books that support the use of journaling and related meditations. The instructor will be available after the workshop for follow-up questions and support. Please bring a journal so that you may participate in the journaling prompts and practices presented.

After this course, students should be able to:
• Summarize basic cognitive-behavioral techniques used in journaling;
• Utilize journaling and related meditations in transforming and restructuring negative patterns and negative emotional states;
• Analyze how journals and related exercises help with the transformation and living with chronic issues such as pain, depression, anxiety, panic disorder, obesity and self-abuse;
• Apply the wish-fulfilling Mandala technique with clients to help them decrease negative patterns and increase positivity.

Instructor: Julie Tallard Johnson, MSW, LCWW, is a licensed psychotherapist and author. She has taught courses on compassionate communication, group dynamics, depth psychology, as well as facilitated journaling circles and groups for 30 years. She has been studying the scientific basis of thought transformation, inspiration, and creativity for 35 years. She has written several books, including Spiritual Journaling and The Zero Point Agreement.

Registration Form

Please register me for:

- Applied Mindfulness with Flint Sparks
  Mar 10-11, 2015; $150 per day #3321
- Body Mindful Practitioner: Using Body Centered Skills
  Apr 7, 2015; $150 #3324
- Transformational Journal Writing...Health Care Professionals
  Apr 24, 2015; $150 #7123

Enter code from mail panel

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY/STATE/ZIP

PHONE ( ) EVENING/CELL PHONE

E-MAIL

CARD NO. EXPIRES

PAYMENT

□ Enclosed is my check payable to UW-Madison

□ Please charge to the following account:

MQ masterCard

□ Visa

□ Am Ex

□ Discover

CARD NO.

EXPIRES

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.

For more information, please contact

Barbara Nehls-Lowe at bnehlslowe@dcs.wisc.edu (608-890-4653) or Christine DeSmet (journaling course only) at cdesmet@dcs.wisc.edu (608-262-3447).

Continuing Education Credits

Approved Hours/Continuing Education Credits: 0.6 CEU – Six hours of professional continuing education. Participants receive verification of attendance at end of program. The Division of Continuing Studies at the University of Wisconsin–Madison is an acceptable continuing education provider for the following:

Social Workers: Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Continuing Studies maintains responsibility for the program.

ASWB Approval Period: 4/27/2013-4/27/2017. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive six continuing education clock hours. Wisconsin, Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs. Counselors: Continuing Studies is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) #5990 and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

WI Psychologists, and Marriage and Family Therapists: the program qualifies as an accredited university continuing education course relevant to professional practice. WI Substance Abuse Counselors: the program qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters. Educators: this program may qualify toward your Professional Development Plans (PDPs).

Other professions: Completion of this program qualifies for six continuing education hours. Contact your own board or organization for specific continuing education requirements. Certified Health Education Specialists (CHES): Continuing Studies is approved as a provider of Continuing Education Clock Hours (CECH) for Certified Health Education Specialists. Programs #3324 and #7123 qualify.