MINDFULNESS and Creativity
Tools to Heal the Body and Transform the Mind

Featuring Expert and Author, Terry Marks-Tarlow, Ph.D

Sacramento, CA
Friday, February 17, 2017
San Francisco, CA
Monday, February 20, 2017

1. Utilize the newest brain research about mindfulness & the brain.
2. Explain how to tailor your work to different attachment styles.
3. Describe how still and moving meditations rewire neural circuitry.
4. List the essential qualities of healing attention plus mindfulness tools that promote each.
5. Identify multiple mindfulness strategies as interventions for anxiety, depression and the dysregulated emotions of trauma.
6. Recognize how clients can be empowered through intention and attention to make new choices and break toxic lifestyle habits.
7. Describe how to capitalize on the healing power of creative expression to ease trauma, create meaning and promote growth.

- Creative strategies to treat depression, anxiety, PTSD and toxic life styles
- Attend and make your treatment more effective- guaranteed!
- Learn new tools through hands-on practice and demonstration

Brain, Body & Nervous System
Origins of health and trauma in the mind, body and brain
Mindfulness tools for interactive regulation
Self-regulation for clients between sessions
Work with different attachment styles

OBJECTIVES

OUTLINE

Mindfulness Meditations
Still the mind to induce calm
Focus the mind to boost attention
Open the mind to enhance receptivity
Widen the mind to stimulate creative problem-solving
Offer compassion to enhance self-care and care of others

Creativity
Drawing techniques increase calm & self-awareness
Guided imagery plumbs the depths of the self
Dreams, spontaneous imagery & waking suggestions stimulate change
Central metaphors capture problems, while pointing towards solutions
Harness inspiration & vision

Yoga
A holistic mind/brain/body system of moving meditations
Gain a set of embodied metaphors
Seek balance, strength, flexibility, equanimity & grace
Breath work to enhance emotional regulation
Expand possibilities through setting intentions

Jon Kabat-Zinn
1 HOUR VIDEO

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Mindfulness, Healing & Transformation

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Offer expires
Hurry!
MINDFULNESS and Creativity

MINDFULNESS workshops! If you respond to the novel and unique sensations of the body, brain and mind in the present moment, you can make your treatment more effective.

Have fun while gathering mindfulness tools to individualize your psychotherapy. Attend this cutting-edge workshop with Dr. Terry Marks-Tarlow for a hands-on, in-\textit{vitro} informative approach to filling your clinical tool box.

In this workshop you will use the developmental neurobiology of attachment and trauma as a framework. Dr. Marks-Tarlow will take you through guided meditations to still the mind and calm an over-austed autonomic nervous system. Drawing and other art techniques will be shown to help clients focus attention and boost self-awareness. Dr. Marks-Tarlow will explain how central metaphors from dreams and spontaneous images help to address somatic symptoms and unify mind/body/brain healing. You will also discover the power of associating mindsets to playfully approach problem-solving with clients. You will leave yoga as a moving meditation that offers a unique set of embodied metaphors.

Come to this workshop and boost your own vitality while gaining a neurologically-based understanding of how each technique applies to clinical disorders like depression, anxiety, PTSD, and toxic life styles. Enjoy Dr. Marks-Tarlow’s engaging and inspirational style and leave the day equipped with a powerful set of growth-promoting tools.

SPEAKER

Terry Marks-Tarlow, Ph.D., has been a clinical psychologist for over 30 years. She teaches developmental neurobiology and trauma nationally and internationally to give clinical workshops and teach mindfulness techniques. Dr. Marks-Tarlow combines science with art masterfully. She strives to “walk her talk” by embodying a balanced life. She dances nearly daily; draws and illustrates Dr. Marks-Tarlow will explain how central metaphors from dreams and spontaneous images help to address somatic symptoms and unify mind/body/brain healing. You will also discover the power of associating mindsets to playfully approach problem-solving with clients. You will leave yoga as a moving meditation that offers a unique set of embodied metaphors.

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