



Continuing Education and Outreach University of Wisconsin-Stevens Point

You don't want to miss this!

University of Wisconsin-Stevens Point brings two internationally recognized speakers on third wave therapies to Stevens Point WI.

Susan L. Woods, MSW, LICSW introduces us to *Mindfulness-Based Stress Reduction (MBSR)* on Friday, October 28, 2016, 9 a.m.-4 p.m. in the Dreyfus University Center's Alumni Room on the UWSP campus. In this one-day experiential workshop, you will learn about the design of the eight-week group intervention, the principles of mindfulness, and what current research demonstrates about how mindfulness meditation can reduce anxiety, depression and pain, as well as improve a sense of well-being. The workshop is designed to allow you to experience both formal and informal mindfulness meditation. Through guided instruction in mindfulness meditation, some gentle stretching and mindful yoga, you will explore this practical approach that has helped thousands of people achieve a greater sense of ease, increased vitality, and improved self-care leading to better health outcomes.



Susan Woods, MSW, LICSW is a senior MBSR/MBCT advisor, trainer and supervisor and holds a Master's degree in clinical social work

from Columbia University. Her professional training included cognitive behavior, interpersonal, psychodynamic, and family therapies and body-centered and mindfulness-based interventions.

Russell Kolts, Ph.D. will present *CFT Made Simple-A Layered Process and Practice Approach to Learning and Applying Compassion-Focused Therapy* on Friday, February 3, 2017, 9 a.m.-4 p.m. in the Dreyfus University Center's Laird Room on the UWSP campus. This workshop will present CFT as a set of layered processes and practices that can be individually trained, and when applied, can serve to reinforce and deepen one another. You will learn about the various roles embodied by the CFT therapist, how to facilitate realizations that can set the stage for self-compassion, how mindful awareness fits into CFT and a brief method of training mindful awareness in meditation-resistant clients. Most importantly, you will leave the workshop with a clear direction for how to go about bringing a nuanced compassion-focus to your work.



Russell Kolts, Ph.D. is a licensed clinical psychologist at Eastern Washington University. Kolts has pioneered the application of CFT to

the treatment of problematic anger and regularly conducts trainings and workshops on compassion and CFT.

~The cost of each workshop is \$149/lunch is included with the registration.~

Who should attend

Both workshops are intended for anyone interested in health and wellness and is relevant for behavioral health care professionals, mental health professions including psychologist, therapists, social workers, psychiatric nurses and other who work with clients on issues related to wellness promotion.

For additional information or to register online

Visit <http://www.uwsp.edu/conted/Pages/default.aspx> or contact UW-Stevens Point Continuing Education and Outreach, Dotty Mansavage, at 715-346-3912 or by email Dotty.Mansavage@uwsp.edu for additional information. To register by phone, call our customer service desk at 715-346-3838.

CEUs for both workshops are endorsed by the UWSP, School of Health Promotion and Human Development

This activity is pending approval from the National Association of Social Workers.

