



The *Being* of a Mindful Healthcare Practitioner: A Day of Deepening connection with oneself

From the foundation of our personal practice we will explore our *own* habits such as speediness, judgement, anxiety and emotional reactions that show up in our work with clients/patients.

This will be a day to encourage deep listening into our own wisdom.

Who the program is for:

- Healthcare providers who have a mindfulness practice
- Healthcare providers training in mindfulness-based interventions including MBSR, MBCT, DBT, ACT

This day-long retreat includes:

- Guided mindfulness practices to help us deepen our personal practice
- Small and large group conversations examining how mindfulness can support being present and attuned to our clients, allowing us to respond skillfully.
- Time for reflection and facilitated inquiry

Date: Saturday October 3, 2015 9:00 am to 4:30 pm

Limited to 30 participants

Cost: \$125.00 includes lunch and snacks

Location: Great Hall at the Cathedral Church of All Saints, 1330 Martello Street, Halifax
<http://www.mapquest.ca/#f86f461cfb03fb9e2a6dfc40>

Facilitators: Elizabeth Berlasso, MEd, NSRCT; Ivan Drouin and Elizabeth Shein, MSW
RSW

Please register by Sept. 26, 2015, at:

<http://fluidsurveys.com/surveys/accsat/mindfulness-for-healthcare-providers-3oct15/>

For more information, contact: jtorbert@eastlink.ca