

saturdays from 9 am -11 am

february 18 - march 10

mindfulness

for mental health professionals



The ability to truly “be with” one another is the ground of the therapeutic relationship. This ability comes from being able to be with oneself no matter what state of mind one may be experiencing. Since the ground of working with others is taken to be familiarity with one’s own experience then meditation is the foundation of a sustainable psychotherapy practice. It allows us to cultivate an energized wakefulness and presence which results in better care for our clients and selves. Mindfulness is also at the core of ethical competence. This course will assist mental health professionals in developing a personal meditation practice, will provide techniques to become more mindful during clinical practice and will also explore the therapeutic application of mindfulness in psychotherapy.

Participants will cultivate through experience:

- A shift in focus from pathology to sanity creating a positive regard for one’s own and others’ humanity and basic goodness.
- An ability to create a quality of spaciousness, clarity and compassion in one’s own mind creating an optimal environment for others.
- A clarification of one’s intention for practicing psychotherapy; outside of the scope of one’s ego.
- An enhanced ability to identify and process sensations in the here and now.
- A deepening of one’s internal and external resources.

course will include a sourcebook of materials, one on one meditation instruction and relevant practice

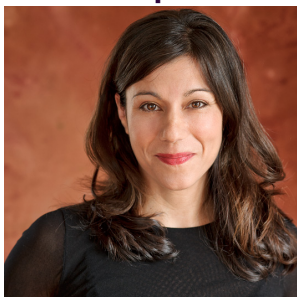
at Eastwind Healing Center

221 E. College St. Ste. 211

instructed by Janelle Railey, MA, LMHC

space is limited please call 319.337.3313 to register

\$200 professionals and students invited



Janelle Railey MA, LMHC, RYT is a licensed psychotherapist, meditation instructor, and experienced yoga teacher. She holds a Master’s degree in Contemplative Counseling Psychology from Naropa University. Her work is concerned with developing a *self-sensing* awareness of the present moment and to the body-mind connection. Janelle brings fifteen years of experience with mindfulness practices, clinical work in psychology and has developed mindfulness curricula in a variety of settings. She is also the co-founder of Mindful Birthing and Transformational Yoga.