



The New England Society for the Treatment of Trauma and Dissociation

in joint sponsorship with
The Institute for Continuing Education

**Please
Post**

“Mindfulness, Meditation and Trauma: Finding a Path Toward Post-traumatic Growth, Resilience and Flourishing”

Deborah Rozelle, PsyD

Saturday, March 2, 2013

9:00 am to 12:30 pm

Afternoon Intensive 2 p.m. – 5 p.m.

Scottish Rite Masonic Museum & Library (The National Heritage Museum)
33 Marrett Road
Lexington, Massachusetts

Although the use of mindfulness-based interventions to treat mental health issues has increased dramatically in recent years, their use in trauma treatment is nascent. Current mindfulness-based interventions show promise as an adjunctive treatment for building improved coping and regulatory function and for reducing some post-traumatic symptoms, especially avoidance. Yet obstacles remain in developing mindfulness-based interventions that facilitate actual cure, such as various evidenced-based exposure treatments offer (e.g. EMDR, prolonged exposure). In addition, some mindfulness-based interventions may not be especially useful or effective for an individual client, or may even be harmful when applied without attention to principles of trauma-informed clinical practice. This program will elaborate on these issues and provide a practical framework for trauma-informed practitioners interested in using mindfulness and meditation practices in both their clinical work and for their personal well-being. The presentation will help participants place mindfulness and meditation practices in context, and will include: specific benefits and challenges of integrating them into clinical practice; competing definitions and systems of mindfulness; an overview of existing mindfulness-based interventions; and a framework for how the clinician might integrate implicit and explicit forms of mindfulness-based practice.

PRE-REGISTRATION IS RECOMMENDED

This event is FREE to members

Non-members: **\$40.00** / Students/agency employees/retirees: **\$30** / 3 CEs available for **\$25**

Dr. Rozelle will also be holding an afternoon Intensive, limited to 25 participants, The afternoon intensive will be interactive, affording the smaller group a reflective and experiential dialogue about integrating mindfulness and meditation practice into trauma treatment. Exploring specific love and compassion practices – for the client as well as the therapist – will be highlighted. **This event REQUIRES pre-registration, attendance at the morning event, and costs \$50 for members and non-members.**

Both the morning and afternoon program will showcase material from a forthcoming Guilford Publications book, "Contemplative Methods in Trauma Treatment: Integrating Mindfulness and Other Approaches," edited by Victoria Follette, John Briere, Deborah Rozelle, Jim Hopper, and David Rome.