

An overview of mindfulness skills and its use in EAP and clinical settings.

Learn how to restore balance in your own life through lecture, demonstration and practice of Dr. Emmons' methods. Also learn how to help clients replace automatic, unconscious reactions with intentional, conscious responses.

### Learning Objectives: Goals

Upon completion of this training, participants will:

- have a better understanding of basic mindfulness based cognitive behavioral techniques
- have an appreciation of the benefits of mindfulness
- have at least one new tool to use personally and at least one new tool to use professionally
- have ideas of how mindfulness techniques can be used in the workplace

Wear comfortable clothes



# “Resilience and the Psychology of Mindfulness”



presented by

Henry Emmons MD

Friday, May 15, 2009

8 am - 4 pm

Carondelet Center

1890 Randolph Ave.

St. Paul, MN 55105

*Sponsored by*  
**Minnesota  
Employee Assistance  
Professionals  
And Counselors  
MEAPAC**

RFL



## “Resilience and the Psychology of Mindfulness” Conference Registration

Attendee's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

MEAPAC Membership /early reg. **\$110**     MEAPAC Membership / Late reg. **\$125**

Non Membership / early reg. **\$120**     Non Membership / Late reg. **\$135**

**CHECKS ONLY Payable to: MEAPAC**      **MAIL TO: Lisa Dau**

\* **Breakfast, Lunch and Snacks included in the cost**      **The Sand Creek Group, Ltd.**

**610 North Main Street, Suite #200**

**Stillwater, MN 55082**

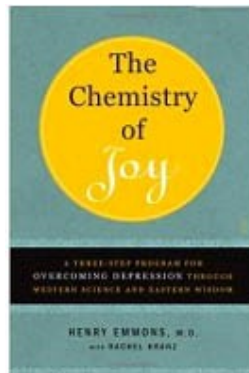
**RECEIPT REQUESTED**

## About the Presenter



**Henry Emmons MD**

Dr. Emmons, author of The Chemistry of Joy, practices general and holistic psychiatry and consults at several colleges and organizations nationally. He currently serves as Consulting Psychiatrist at Penny George Institute for Health and Healing, where he developed and runs the Resilience Training Program. This innovative approach incorporates nutrition, exercise and the psychology of mindfulness to give participants self-care skills that aid in recovery and relapse prevention of anxiety and depression.



## Schedule

**8 am-8:30 am** Register and continental breakfast  
**8:30-11:30** Presentation with break (snacks provided)  
**11:30 am-12:30 pm** Lunch provided on-site  
**12:30-3:30** Presentation with break (snacks provided)  
**3:30 pm-4:00 pm** Closure

## Registration & Cost

Registration is by check only and must be received by:

Early (Before April 14)

Members **\$110.00** / Non-members **\$120.00**

Late (April 15-May 15)

Members **\$125.00** / Non-members **\$135.00**

Please indicate if you will need a receipt and it will be available at the conference.

If you would like to become a member, of **MEAPAC**, you must be “occupationally involved in the EAP field or in the development of an EAP.” For more information on membership, contact:

Maradeth Searle at 952-920-3697 or e-mail [mhsearle@comcast.net](mailto:mhsearle@comcast.net)

If you have any other questions about the conference, contact Marilyn Meade-Moore at 612-710-0996  
**6 PDHs** will be given similar to a CEU, check with your board of licensure.



**Carondelet Center**

The Carondelet Center is conveniently situated in the center of the Twin Cities on the **College of St Catherine** campus. Wooded walking paths and lovely rose, English, shade gardens dot the grounds and offer a tranquil park setting in the middle of the St. Paul's Highland Park. Carondelet Center is handicap-accessible on all levels. Carondelet Center offers ample free parking in our newly expanded lot next to the building

### Directions to the center

#### **From I-94**

Cretin Vandalia exit South 2 miles to Randolph Avenue East (left). Pass the College of St. Catherine to the next drive and turn right at the CSJ sign.

#### **From 35E**

Randolph exit West (left) 2 miles. Cross Fairview Avenue and turn left at the second drive