

# MINDFULNESS

## Satellite Conference and Live Webcast

Tuesday, March 14, 2017, 1:00-3:00 p.m. (Central Time)  
2:00-4:00 p.m. (Eastern) • 12:00-2:00 p.m. (Mountain) • 11:00 a.m.-1:00 p.m. (Pacific)



### PROGRAM OBJECTIVES:

1. Provide an overview of the background and history of mindfulness.
2. Describe the link between mindfulness and cognitive based therapies.
3. Discuss how mindfulness approaches are used for mental health issues.
4. Practice how to apply mindfulness techniques with patients in crisis.

### CONFERENCE DETAILS:

**Target Audience:** Nurses, Social Workers, Clinicians, Health Educators, and others that work in a healthcare setting

**Continuing Education:** Social Workers 2 hours, Nurses 2 hours

**\*This program meets the ABSWE requirements for clinical continuing education.**

*\*Non-ADPH employees are charged a fee to receive CE Certificates.*

*Additional information can be found at [www.adph.org/alphntn](http://www.adph.org/alphntn)*

**Registration:** [www.adph.org/alphntn](http://www.adph.org/alphntn)

**Technical Information:** To receive complete technical information you must register at [www.adph.org/alphntn](http://www.adph.org/alphntn)

*Satellite* - Live satellite conference on C band (analog).

*Webcast* - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphntn](http://www.adph.org/alphntn)

*Audio* - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.  
Press # again to listen to the conference.

*On Demand* - Available 2-3 business days after the live broadcast from the On Demand page of our website.

**Conference Materials:** Posted on our website approximately one week before the program for registered participants.

**Conference Details Questions:** Call: 334-206-5618 | Email: [alphntn@adph.state.al.us](mailto:alphntn@adph.state.al.us)



us on Facebook: [Alabama Public Health Training Network \(ALPHTN\)](#)

Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment. Large population-based research studies have indicated that the practice of mindfulness is strongly correlated with greater well-being and perceived health. Clinical studies have documented both physical and mental health benefits of mindfulness in different patient categories as well as in healthy adults and children.

### FACULTY:

**Rebecca Jacobson, PhD, LPC-S, NCC**  
Registered Play Therapist

*\*This program meets the definition of clinical continuing education as required by the ABSWE.*

*\*The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation\**

*\*The Alabama Department of Public Health is an approved provider of continuing social work education by the Alabama Board of Social Work Examiners.\**