

# **Mindfulness**

Satellite Conference and Live Webcast  
Tuesday, March 14, 2017  
1:00 – 3:00 p.m. Central Time

## **Faculty:**

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

## **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

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## **Questions:**

Technical or related to conference details: 334-206-5618 or [alphn@adph.state.al.us](mailto:alphn@adph.state.al.us)

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