



Please send completed form and payment to:
 Counselor Education Department
 Attn: Kate Hohenstein
 University of Montana
 32 Campus Drive

Breathing-Feeling-Healing Workshop Series Registration Form

Last Name _____ First Name _____ MI _____
 Mailing address _____ City _____ State _____ Zip _____
 Primary Phone No. (____) _____ - _____ Primary email Address _____

FOR UNIVERSITY OF MONTANA STUDENTS SEEKING GRADUATE CREDIT

CRN: 201722/22079

If you're a University of Montana Student and wish to attend the full workshop for 3 graduate level credits (COUN 595), complete the information below and include a check for **\$800** (made payable to the Children's Museum Missoula).

UM student ID # 790 _____ Birth Date (Month/Day/Year) _____

To receive graduate credit, please complete the following regarding your last degree earned:

Degree granted _____ Year _____ Institution _____

I hereby certify that, to the best of my knowledge, the foregoing information is true and complete without evasion or misrepresentation.

Your signature _____ Date _____

FOR NON-UNIVERSITY OF MONTANA STUDENTS

Please indicate the sessions you wish to attend by checking the appropriate box(s) below. The Dept. of Counselor Education is an approved provider of continuing education units (CEU's) by the NBCC. Attendees will earn 39 CE clock hours for the entire series, or 13 CE clock hours per session. Group rates are available for organizations registering 5 or more attendees. Please contact Kate Hohenstein (kate.hohenstein@mso.umt.edu) to inquire.

- All three sessions. (dates and descriptions, next page) Fee: \$800**
- Session One (dates and descriptions, next page) Fee: \$300**
- Session Two (dates and descriptions, next page) Fee: \$300**
- Session Three (dates and descriptions, next page) Fee: \$300**

Total enclosed fee:

Please calculate the total associated fee for all sessions you wish to attend and include a check for that amount made payable to the Children's Museum Missoula.

I hereby certify that, to the best of my knowledge, the foregoing information is true and complete without evasion or misrepresentation.

Your signature _____ Date _____

Workshop Dates and Session Descriptions

Session I: Friday, March 31 – Saturday, April 1, 2017, 8:30-4:30

The Ten Essentials of Mindfulness: Survival Tools for Life and Practice

Susan Curtis, MD

This course will be highly experiential in nature. We will practice the fundamental skills of mindfulness together with time for discussion and questions. We will explore the underpinnings of mindfulness training, the importance of practice, the difference between practicing mindfulness and reading about it, and review some of the scientific literature and neuroscience supporting mindfulness interventions in health care. By the end of this course you will have a good understanding of what mindfulness is and what it is not. You will have first hand experience with guided mindfulness practices which is a requisite step in being able to embody and share mindfulness with others. You will also become familiar with the current understanding of why mindfulness “works”.

Susan Curtis, MD is a board certified physician in internal medicine and worked at the Missoula VA clinic for over 15 years. She is the founder of Montana Mindfulness Institute, dedicated to bringing quality mindfulness education to western Montana. She has had a passion for mindfulness practice for over 15 years, and has been formally teaching mindfulness since 2010 in a variety of settings. In addition to spending time with her two children, Susan also loves to be in the outdoors backpacking, mountaineering and knitting.

Session II: Friday, April 14 – Saturday, April 15, 2017, 8:30-4:30

Being Emotionally Focused

Mark Young, Ph.D.

This two-day workshop will provide participants an understanding of Attachment Theory and Emotionally Focused Therapy (EFT). Tenets of Attachment Theory will be used to better understand family and couple relationships and the research that supports clinicians in strengthening these important relationships. Interventions and key change events from EFT will be reviewed and demonstrated to help participants integrate aspects of the theory into their own counseling approach. Day one will focus primarily on Attachment Theory and day two will focus on Emotionally Focused Therapy.

Dr. Mark Young is an Associate Professor at Gonzaga University where he is the Department Chair and Director the Marriage and Family Counseling program. His writing and clinical practice focuses on experiential learning, live supervision, and healthy relationships.

Session III: Friday, April 28 – Saturday, April 29, 2017, 8:30-4:30

Cutting and Self-Injury: A Workshop for Helping Professionals

Brent Richardson, Ph.D., LPCC-S

Cutting and other forms of self-injury are a growing concern for educators and mental health professionals. Research suggests that more and more individuals, particularly adolescent and college-aged females are engaging in this behavior. Helping professionals need to have a keen understanding of this “coping

mechanism” as well as pragmatic strategies to assist these adolescents and young adults. Participants who attend this workshop will learn (1) various theories regarding underlying causes; (2) key differences between suicide and self-injury; (3) relationship between self-injury and various psychiatric disorders; (4) strategies for conducting a thorough assessment; and (5) important treatment considerations and strategies. The last several hours of the workshop will focus on (6) keys to surviving and thriving in a stressful work environment. Teaching methods will include interactive lectures, case studies, video illustrations of clients and counselors, and small group discussion.

Dr. Brent Richardson, a licensed professional clinical counselor and Chair of the Counseling Department at Xavier University is the author of the book *Working with Challenging Youth: Seven Guiding Principles* (2016). Dr. Richardson has worked for over 30 years as a counselor, therapist, educator, and administrator with at-risk youth and families in a variety of diverse settings including a nationally recognized multisystemic therapy program, a treatment foster care agency, an inner city emergency shelter, a rural high school, a family counseling center, a psychiatric hospital, a residential special education school, and private practice. Over the last seven years, Dr. Richardson has co-authored three articles related to self-injury and his private practice has focused on working with these clients. Dr. Richardson has been a professor at Xavier University for the past 20 years and recently received the College of Social Sciences, Health, and Education Teaching Award. In 2008, he was recognized by the Greater Cincinnati Counseling Association for his contributions to the field of counselor education. He has also conducted numerous local, regional, and national workshops to over 6000 human services professionals on a variety of topics including challenging youth, self-injury, sexual abuse, diagnosis, and clinical supervision. He lives with his wife Melanie (also a counselor) in Northern Kentucky. They have two sons Carter (21) and Griffin (19) who are both college students.