

CORA Services

CORA is a multi-funded, community-based, non-profit agency, which offers professional services to children, youth and their families. Among the many services provided are: psychological and educational evaluations; speech and language services; individual, family, and group counseling; vocational and career counseling; remedial education; parent education; resource and referral assistance; job training and pre-employment skills. The service approach of CORA is based upon a belief in the value of the person, and appraising of the individual's unique potential for growth.

www.coraservices.org

Location of Programs

CORA SERVICES, 8540 Verree Road, Philadelphia, PA 19111. Directions from Roosevelt Boulevard (Rt. 1) - Traveling North on Rt. 1, turn left onto Rhawn Street (if traveling South on Rt. 1, turn right onto Rhawn Street). Drive approx. 1.5 miles and turn right onto Verree Road. After the third light make a left into the CORA Services driveway (there is a sign at the entrance). Park in the first lot on your left. Enter the Reception area and proceed to Conference Center. The CORA Building is wheelchair accessible.

Continuing Education Credits

CORA Services, is approved by the American Psychological Association to sponsor continuing education for Psychologists. CORA Services maintains responsibility for the program and its content.

The PA Board of Social Workers, Marriage and Family Therapists and Professional Counselors has approved the credit hours for this conference.

CORA Services has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5802. Programs that do not qualify for NBCC credit are clearly identified. CORA Services is solely responsible for all aspects of the programs.

Certificates of attendance will be awarded to participants who attend the entire workshop and complete the evaluation form. Partial credits will not be awarded. Late arrival or early departure will preclude awarding of CE credits.

CORA SERVICES, INC.
8540 Verree Road
Philadelphia, PA 19111

CORA SERVICES

PRESENTS:

Intro to Mindfulness for Clinicians and Educators

Presented by:

***Jeanne DiVincenzo, Psy.D.
Clinical Psychologist
Growth Opportunity Center***

On

November 17, 2017



Registration Form
**Intro to Mindfulness for
Clinicians and Educators**
November 17, 2017
Time: 9:00 a.m. - 12:45 p.m.

Name _____

Address _____

Phone _____

Email _____

Fax # _____

Credits Applying for:

- NBCC
- Psychology credits
- SW, MFT & PC

Cost of Program - \$70.00

Register Online at www.coraservices.org – Events

Or send registration form with check made payable to
CORA Services, Inc. to:

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CORA Services, Administrative Offices
8540 Verree Road, Philadelphia, PA 19111
Phone (215) 701-2629
Email: chanas@coraservices.org

Registration deadline is **11/10/17**.

Registration begins 1/2 hour prior to stated program time. **Pre-
registration is required. Cancellations made LESS THAN 72
HOURS before the programs will NOT be refunded.**

Intro to Mindfulness for Clinicians and Educators

November 17, 2017

9:00 a.m. to 12:45 p.m.

CORA Conference Center

Presenters:

Jeanne DiVincenzo, Psy.D. is a clinical psychologist, consultant, and Managing Director of Growth Opportunity Center. She integrates mindfulness into her clinical work and provides mindfulness training to businesses, institutions, professional groups, and schools. She has presented workshops and trainings on diversity, mental health and wellness, leadership development, reducing stress, integrated healthcare, building psychologically healthy workplaces, student mentoring and supervisions, and teaching and learning.

Julie Goldstein, Med., LMFT is a licensed marriage and family therapist who has been practicing mindfulness for the past 14 years.

Tina Gonzales, Psy.D. is a post-doctoral fellow at Growth Opportunity Center. She has extensive clinical experience with children, adults and families.

Intended Audience:

This program will benefit Psychologists, Social Workers, Mental Health Counselors, Educators, Principals, Teachers, Graduate Students, and other practitioners within mental health and education who provide direct services and/or parent/teacher consultation for this population.

Schedule:

8:30	Registration
9:00	Conference
10:30	Break
10:45	Conference
12:45	Evaluation and conclusion

Purpose:

This workshop will provide an overview of mindfulness for clinicians and educators who work with adults, families, and children. It will include a definition of mindfulness, as well a short history of the development of mindfulness as a therapeutic tool. It will also provide information how, from a basic neurobiological standpoint, regular mindfulness practice can engage areas of the brain related to executive functioning and stress response. The workshop will also provide an overview of the benefits of mindfulness for special populations, including research that supports those benefits.

Objectives:

As a result of this interactive workshop, participants will be able to:

1. Experience for themselves what it means to be “mindful.”
2. Understand the differences between mindfulness meditation, everyday mindfulness, and mindfulness based stress reduction.
3. Learn about the benefits of mindfulness for their clients in a variety of settings, including decreased anxiety and stress, increased focus and productivity, and increased sense of well-being, greater compassion, and fulfillment in an individual’s personal and professional life.
4. Learn and experience mindfulness practices for children to help them focus, manage emotions, and learn more effectively
5. Learn practical ways they can encourage parents and caregivers to support mindfulness practice in children.

Credits Offered:

NBCC:	3.5
Psychology Credits:	3.5
SW, MFT & PC:	3.5