

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.

CORA Services is approved by the **Pennsylvania Department of Education** to sponsor continuing education for certification under Act 48.

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:

Center, Ground, and Become Unwound: Embracing a Mindfulness- Based Practice as a Counselor

Presented by:

*Regan S. Lee-Kin, Psy.D.
Psychotherapist
Growth Opportunity Center*

On

March 22, 2019



Registration Form
Center, Ground, and Become Unwound:
Embracing a Mindfulness-Based Practice as a Counselor
March 22, 2019
Time: 9:00 a.m. - 12:15 p.m.
(Registration begins 1/2 hour prior to stated program time.)
Price \$100.00

Name _____

Address _____

Phone _____

Email _____

Fax # _____

Credits Applying for:

- Act 48
- NBCC
- Psychology credits
- SW, MFT & PC

Cost of Program - \$100.00

Register Online at www.coraservices.org – CORA Training Center, Professional Development or send registration from 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

Pre-registration is required. Registration deadline is 3/15/19. **Cancellations made LESS THAN 72 HOURS before the program will NOT be refunded.**

Center, Ground, and Become Unwound:
Embracing a Mindfulness-Based Practice as a Counselor

March 22, 2019
9:00 a.m. to 12:15 p.m.
CORA Conference Center

Presenter: Regan S. Lee-Kin, Psy.D. has been a psychotherapist at the Growth Opportunity Center for over six years. In addition, she has performed various administrative and therapeutic services for various agencies, community mental health centers, and area colleges for over 15 years. Receiving her doctoral degree in 2012 from Chestnut Hill College, Dr. Lee-Kin has earned specializations in psychological trauma and marriage and family counseling. Having particular interests in the mind-body connection, she has pursued additional education, training, and self-learning in the areas of kinesiology, holistic health, and most significantly, mindfulness and Buddhist psychology, which she utilizes in her daily practice as well as her personal life.

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.

Purpose: Mindfulness, originally rooted in ancient Eastern-world religious and spiritual philosophies, has gained rising attention over the last 60 years in the West. With this western emergence and growing anecdotal reports of success across the globe, researchers have begun to identify and explain the scientific underpinnings of what makes this ancient practice so beneficial and therapeutic to its practitioners. The knowledge and concepts of mindfulness continue to permeate many disciplines in the U.S. including corporations, schools and education, medicine, and mental health. This training will focus on the components of being a mindful therapist and maintaining a mindfulness-based practice as a mental health clinician.

Objectives:

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

- Define mindfulness in a therapeutic context
- Understand the importance and benefits of being a mindful clinician
- Identify and understand the different components of mindfulness
- Identify and understand 7 core areas of focus as a mindful therapist
- Practice implementing these core focus areas in basic as well as difficult clinical scenarios
- Learn and practice “tricks of the trade” to help maintain mindfulness in and out of the therapy session.

Schedule:

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|-------|---------------------------|
| 8:30 | Registration |
| 9:00 | Conference |
| 10:30 | Break |
| 10:45 | Conference |
| 12:15 | Evaluation and conclusion |

Credits Offered:

- Act 48: 3.0
- NBCC: 3.0
- Psychology Credits: 3.0
- SW, MFT & PC: 3.0

Cost of Program: \$100.00