Mindsight is the ability of the human mind to see itself. It is a powerful lense through which we can understand our inner lives with more clarity, transform the brain, and enhance our relationships with others.

The Mindful Therapist: Psychotherapy from the Inside Out

Become more flexible, open and responsive to your clients’ needs.

Wednesday, October 13, 2010
Time: 7-9 pm (registration at 6:30)
Place: The Pyle Center, 702 Langdon St., Madison, WI
Cost: $65
Earn two continuing education hours

Easy online registration at:
www.dcs.wisc.edu/pda
or register by phone: 608-262-2451 or 800-725-9692

Contact Ann Whitaker for more information: awhitaker@dcs.wisc.edu
The Mindful Therapist: Psychotherapy from the Inside Out

Daniel J. Siegel, MD, an internationally recognized expert on mindfulness and therapy, will bring new techniques to your psychotherapeutic work with clients.

Learn how an integrated state of mindful awareness is crucial to achieving mental health. You’ll learn practical techniques to enable you to use mindful awareness to promote healthy minds—both yours and your clients. Don’t miss this chance to start a personal and professional journey into the ideas and processes of mindful integration that lie at the heart of health and nurturing relationships.

Dr. Siegel is clinical professor of psychiatry at UCLA School of Medicine, on the faculty of the Center for Culture, Brain and Development, and the co-director of the UCLA Mindful Awareness Research Center.

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