

## Foundations of Mindfulness in Clinical Practice

Saturday | March 18, 2017

The Brook Hospital Outpatient Center

1405 Browns Lane, 40207

Workshop 9 a.m. - 12 p.m.

\$45 — To register, please email  
[shellysowellwellness@gmail.com](mailto:shellysowellwellness@gmail.com).

In this half-day experiential workshop Shelly Sowell, M.Ed., LPCC, will explore the emerging field of mindfulness and its potential use in psychotherapy work with kids, teens, adults in individual and group work. Shelly will present on traditional disciplines of mindfulness and modern variations based out of the fields of medicine, neuroscience, psychology, and education, and how these mindfulness practices can relate to the field of psychotherapy. The workshop will also include: the ethics of using mindfulness in therapy; neuroscience and research on the benefits of mindfulness practice; the relationship of mindfulness work to interpersonal neurobiology; and how mindfulness work can help facilitate developmental growth.

Participants will be able to:

1. Experience various mindfulness practices
2. Explain the connection between traditional disciplines of mindfulness and modern variations based out of the fields of medicine, neuroscience, psychology, and education;
3. Discern the difference between mindfulness practices, relaxation techniques;
4. Practice basic mindfulness techniques that are appropriate for their client's needs and diagnosis;
5. Choose a mindfulness practice that is appropriate and helpful for their client based on understanding how mindfulness practices are adapted based on developmental level and goals of treatment plan; and
6. Explain how personal mindfulness practice can aid in a clinician's ability to develop rapport and attune to a client's needs.



**Shelly Sowell, M.Ed., LPCC**, counsels and creates from an integrated wellness approach that includes developmental, relational-cultural, and body-centered models of therapy and healing. She also works with schools and businesses to create meaningful, effective and comprehensive mindfulness-based programs. She has worked as a counselor, educator, consultant and mindfulness-based life skills instructor throughout her career, which began in 2004, and has created wellness practices in Miami, Los Angeles & Louisville. Shelly has consulted with and worked for community agencies, public and private schools, non-profits, colleges and universities, and an eating disorder residential treatment center. She is a Founding Partner of the Center for Integrative Learning & Teaching in Nashville, Tennessee.

Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Professional Clinical Counseling in the state of Kentucky and is a National Certified Counselor. For more information, please visit [www.shellysowellwellness.com](http://www.shellysowellwellness.com).