**Continuing Education Description**

*Presenter(s):*

Full Name, Degree

Address Line 1

Address Line 2

Phone:

CA Licensed Psychologist PSY-#####

*Title:*

EXAMPLE: “Using Mindfulness in Obsessive-Compulsive Disorder Treatment”

*Location, Date, and Time:*

Location Name

Address Line 1

Address Line 2

Month Date, Year

Time Frame (E.g., 2:00pm – 4:00pm)

*Cost:* E.g.,Members $25, Students $10, Non-members $40

*Description:*

EXAMPLE: Having been practiced in Eastern cultures for millennia, mindfulness is now receiving recognition in the West for its ameliorative effects on symptoms of psychological and physical malaise. This presentation will provide a general overview of mindfulness and how mindfulness affects brain functioning, as well as common misconceptions regarding its practice. The primary focus will be on the use of mindfulness practice as a complement to traditional cognitive-behavioral therapy, particularly exposure-based interventions, in the treatment of Obsessive-Compulsive Disorder (OCD). The audience will have an opportunity to participate in a mindfulness exercise.

*Timed Outline:*

Outline timeframes for each topic discussed here.

This is a 2-hour presentation, including time for questions. Two hours of CE credits are being offered. (change time as needed)

*Objectives:*

EXAMPLE: This workshop is designed to help you:

1. Describe various theoretical approaches to coaching.

2. Differentiate between the coaching relationship and the therapeutic

relationship.

2. Identify steps to quickly build an effective coaching relationship and avoid

potential pitfalls.

4. Demonstrate knowledge of ethical issues present in coaching relationships,

using a case study example.

*Bibliography/References:*

At least THREE REFERENCES (current, 10 years or less) in APA FORMAT (please make sure format is correct)

The presentation, given at an “(SPECIFY: introductory, intermediate, or advanced)” level, is appropriate for (SPECIFY: licensed psychologists, LCSWs, MFTs, and unlicensed mental health professional interns).