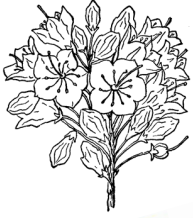


Spring WORKSHOP 2010



5 Continuing Education Credits!

SATURDAY, MARCH 27, 2010
9:00 AM- 4:15 PM

New Developments in Relational Mindfulness: Compassionate Relationships, Wise Brains

JEAN BAKER MILLER TRAINING INSTITUTE
A PROJECT OF THE WELLESLEY CENTERS FOR WOMEN
STONE CENTER SOLARIUM
Wellesley College • Wellesley, Massachusetts



In this workshop we will integrate concepts and practices of Relational-Cultural Theory with Meditation and Neurobiology.

Participants will learn practical exercises to be used in our personal lives and in our clinical and work settings. We will explore what it means to be “present” with others and how compassion can be supported in and for ourselves and others. While personal growth is an important aspect of this work, the shift from a separate-self model of development can also contribute to expanding awareness of community.

Janet Surrey will introduce us to Insight Dialogue: Relational Meditation and Applications to Clinical Practice. Natalie Eldridge will guide us in several exercises exploring the cultivation of mindful and compassionate connection. Amy Banks will address bringing our bodies and brains to relational mindfulness. And Judith Jordan will look at what it means to be “present with” and how best to cultivate our natural inclination toward compassion and empathy.

Along with presentations from our faculty, there will be ample opportunity to reflect on our experience, to question, discuss and deepen our relational awareness.

Who Should Attend?	<p>This program provides 5 Continuing Education Credits for psychologists, licensed mental health counselors, marriage and family therapists, and social workers.</p> <p>The Jean Baker Miller Training Institute (JBMTI) is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The JBMTI maintains responsibility for this program and its content.</p>	Educational Objectives	<p>Participants will:</p> <ul style="list-style-type: none"> • Learn the ways in which relational-cultural mindfulness practice can inform our clinical work and everyday lives • Develop practices to expand compassionate presence in our lives and work • Practice mindfulness dialogue • Better understand the neurobiology of connected mindfulness.
---------------------------	---	-------------------------------	---

Faculty	<p>Janet L. Surrey, Ph.D., is a Founding Scholar of the Jean Baker Miller Training Institute at Wellesley College, and a Clinical Psychologist in private practice. She is on the Faculty and Board of the Institute for Meditation and Psychotherapy.</p> <p>Amy Banks, M.D., is the Director of Advanced Training at the Jean Baker Miller Training Institute, Instructor of Psychiatry at Harvard Medical School, coeditor of <i>The Complete Guide to Mental Health for Women</i>, and the author of <i>Post-Traumatic Stress Disorder: Relationships and Brain Chemistry</i>.</p>	<p>Natalie S. Eldridge, Ph.D., is on the Faculty of the Jean Baker Miller Training Institute, a Licensed Psychologist in private practice, a Relational Life Coach, and a contributing author to <i>Women's Growth in Diversity</i> and to the Working Paper Series at the Stone Center.</p> <p>Judith V. Jordan, Ph.D., is a Founding Scholar and Director of the Jean Baker Miller Training Institute, Assistant Professor at Harvard Medical School, Coauthor of <i>Women's Growth in Connection</i>, and Editor of <i>Women's Growth in Diversity</i>.</p>
----------------	--	--

Enrollment	<p>Register online at: jbmti.org</p> <p>Register by phone with Visa or MasterCard using our 24-hour registration line at 781-283-3800.</p> <p>A confirmation email will be sent to you upon receipt of your completed registration. Partial and full scholarships are available. For more information, call 781-283-3800.</p>	<p>Enrollment is limited.</p> <p>We cannot consider your registration complete until we receive payment in full. Please make checks payable to <i>JBMTI-Wellesley College</i>.</p> <p>Refund Policy: Requests for refunds must be made in writing. Refund requests postmarked before Friday, March 6, 2010, will be eligible for a full refund less \$35 administrative fee. No refunds will be made for requests postmarked after March 6, 2010.</p>
-------------------	---	---

Register by March 6, 2010 and receive \$20 off tuition! -- OR-- Register with a friend and each receive \$20 off tuition!

REGISTER TODAY!	<p>Name: _____</p> <p>Address: _____</p> <p>City: _____</p> <p>State, Zip: _____</p> <p>Telephone: _____</p> <p>Email: _____</p> <p>Fax: _____</p>	<p><input type="checkbox"/> Relational Mindfulness.....\$175</p> <p><input type="checkbox"/> Early registration discount (before March 6, 2010).....- \$20</p> <p><input type="checkbox"/> Or, register with a friend/colleague discount.....- \$20</p> <p style="text-align: right;">Name of friend/colleague _____</p> <p style="text-align: right;">Total: _____</p> <p>Please make checks payable to <i>JBMTI-Wellesley College</i>.</p> <p>To pay by Credit Card: <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard</p> <p>Card #: _____ Exp. Date: _____</p> <p style="text-align: center;">Name on card (if different from above) _____</p>
------------------------	--	--

Four Easy Ways to Register!

MAIL registration to:
JBMTI-WCW
Wellesley College
106 Central Street
Wellesley, MA 02481

CALL our 24-hour registration line:
781-283-3800

FAX your registration to:
781-283-3646

Or, register **ONLINE:**
jbmti.org