Mindfulness and Relationships:
Enhancing Therapist-Client Connection and Treatment of Couples
Presenter: Steven Alper, LCSW

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Mindfulness is all the rage these days in psychotherapy. Beginning with MBSR, followed by DBT, ACT, MBCT, MB-EAT, MBRP, and many others, this “third wave” of cognitive-behavioral therapy has produced a veritable alphabet soup of treatments employing mindfulness techniques to treat disorders ranging from anorexia to zoophobia, as well as positive psychology interventions to enhance therapist and client distress tolerance, emotional self-regulation, and resilience.

But mindfulness is much more than a set of techniques to use in therapy. Mindfulness in therapy is first and foremost a mode of embodied presence, a method of inquiry, and a way of being and relating to experience cultivated by the therapist in his or her ongoing discipline of mindfulness meditation practice. The therapist can then embody mindfulness as healing presence in the therapist client-connection to enhance therapeutic outcomes and the experience of therapy for both client and therapist, and to effectively teach mindfulness techniques to clients.

Join internationally-recognized mindfulness trainer Steven Alper, LCSW for this ground-breaking workshop. Learn a bold, intersubjective, relational and trans-theoretical approach to incorporating mindfulness in psychotherapy that will enhance the therapeutic relationship and couples therapy outcomes—but is equally applicable to all primary practice modalities and theoretical orientations. Learn about…

- What mindfulness isn’t and is
- A vertically integrated, transtheoretical model for incorporating mindfulness in any psychotherapy practice
- How mindfulness can inform and empower the therapist-client relationship
- How mindfulness can enhance couples therapy, and couples intimacy and connection

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