

Personal and Professional Sustainability: Mindful Self-Care for Those Who Care for Others

Daylong Retreat with Professional CE's available
Sunday, May 5, 2019 9am-5pm



at Green Gulch Zen Center with
Janice Gates & Starr Kelton-Locke, PhD

Come Reflect, Move, Connect and Learn in the beautiful serenity of Green Gulch Zen Center. This day-long retreat offers mental health professionals an opportunity to restore and gain mindful skills for both personal and professional needs. You will learn mindfulness meditation practices, mindful yoga and somatic practices, and interactive dialogues aimed at well-being, coping and stress reduction. Group discussion on the psychosoma interconnection and how it relates to the therapeutic relationship will provide knowledge and mind-body skills that can be utilized in your clinical work. The modalities taught are evidence-based and will help you develop strategies and practices for self-care and to assist others with management of pain, chronic illness, anxiety and stress related problems.

Healing thy self, to heal others is the best medicine.

\$225 per person includes lunch

6 CE credits available for \$25 for psychologists and California licensed MFTs, LCSWs, LEPs, LPCCs and nurses.

Register at www.janicegates.com/retreats