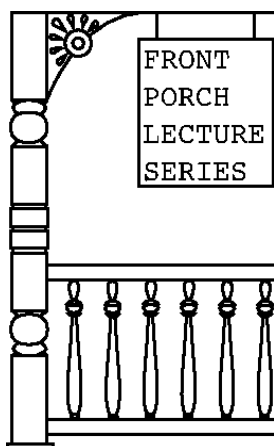


# Boulder Institute for Psychotherapy and Research

## Spring 2008 Front Porch Lecture Series



is pleased to present a full-day workshop

### Unique Mindfulness Tools to Help Clients Manage Overwhelming Affect

Friday, May 9<sup>th</sup> - 8:30AM – 4:30 PM

with

*Shelly Young, M.A., L.P.C., CAC III*

One challenge that many therapists face is helping clients manage overwhelming feelings of anxiety, panic, anger, and depression. In this clinical practice-focused presentation, Shelly Young will first discuss the essentials of the highly-regarded “Basic States” mindfulness method, developed by Shinzen Young. This will provide a framework for the remainder of the workshop which emphasizes applications of the specific “Basic States” techniques designed to be used in psychotherapy settings. This approach to mindfulness involves several unique features which combine to create a powerful tool that helps re-train brain patterns associated with pain, anxiety and emotional distress. Participants will gain the ability to use specific techniques to provide relief of suffering for their clients.

#### Schedule:

8:30 — 9:00 Registration & Continental Breakfast

9:00 —12:00 Overview of the “Basic State” Mindfulness Techniques with experiential practice

12:00—1:00 Lunch (on your own)

1:00 — 4:30 Discussion of how to incorporate these techniques into clinical practice with specific case presentations

*About the Speaker:* Shelly Young has led retreats, classes and training seminars throughout the United States and Canada, since the early 1980's. Among her numerous presentation venues are the U. Colorado Health Sciences Center, Bethesda Naval Medical Center, and U. of New Mexico. Shelly speaks nationally for Cross Country Education, and maintains a mindfulness-based psychotherapy practice in Boulder.

**Date:** May 9, 2008

**When:** Friday 8:30 am – 4:30 PM

**Where:** Boulder Baptist Church, NW corner, Pine & 13<sup>th</sup> Streets

**Cost:** BIPR Members \$70; Non-members \$90; Full-time Student/Non-profit: \$50

**Please register by April 30<sup>th</sup> – Workshop size will be limited to space available.**

Name: \_\_\_\_\_ Profession/Degree: \_\_\_\_\_

Complete Address: \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ I am a 2008 BIPR Member \*\* NOTE: 2008 membership covers '08 Calendar year.

\_\_\_\_\_ Check here to become a BIPR Member and receive a **20% discount on the cost of this event and all other BIPR lectures and Seminars for the coming year.** If joining BIPR with this event, please include \$50 membership fee, and Membership Form (downloadable from website: [www.bipr.org](http://www.bipr.org)) with Workshop Registration.

**Amount enclosed** \_\_\_\_\_

**Mail to:** Boulder Institute for Psychotherapy & Research (B.I.P.R.), 1240 Pine Street, Boulder 80302

Additional information: [www.bipr.org](http://www.bipr.org)

Phone: BIPR 303-442-4562

**CANCELLATION POLICY:** Registrations canceled 4 days or more prior to the workshop will be refunded minus a \$35 handling fee. No refunds will be issued for later cancellations. If the workshop must be canceled for any reason, a full refund will be issued