

Emotion-Focused Mindfulness Therapy

Presented by Bill Gayner, MSW, RSW

Workshop Details

Nov 9-10, 2017

9am – 4pm

Location

**Best Western PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario**

Fees:

Early-Bird Rate: \$349 + HST

After Oct 8: \$379 + HST

Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca



About the Workshop

Emotion-Focused Mindfulness Therapy (EFT-M) is a practice which encourages the exploration of difficult thoughts and emotions in meditation and in life, in contrast to other meditation practices where there is a tendency to interrupt emotional processes by putting thoughts aside to concentrate on bodily sensations. EFT-M can help us to better navigate difficult emotions, decrease suffering, increase happiness, and empower us to live in alignment with our deepest values. Rather than feeling better, the emphasis is on *getting better at feeling*, so that our feelings can guide us rather than overwhelm us.

This interactive and experiential 2-day workshop will introduce participants to the method of Emotion-Focused Mindfulness Therapy and provide several opportunities to experience this practice. You will also learn how to introduce this method to clients and integrate it into clinical practice (counselling, psychotherapy, and other therapeutic and helping settings).

Who Should Attend?

Any helping professional who provides some form of counselling and would like to gain mindfulness tools and strategies to use with clients. This workshop is also appropriate for anyone who wants to develop mindfulness practices in their personal life.

[Please be advised that there is substantial overlap between this workshop and the "Integrating Mindfulness and Meditation into Clinical Practice" workshops that were offered in 2015]

About the Presenter

Bill Gayner, MSW, RSW, is a registered Social Worker, an Adjunct Lecturer with the Factor-Inwentash Faculty of Social Work, University of Toronto, and a faculty member of the Mount Sinai Psychotherapy Institute and the Health Arts and Humanities Program at U of T. He led a large randomized controlled trial of mindfulness for gay men living with HIV and is now developing and researching an emotion-focused therapy approach to mindfulness. He provides individual psychotherapy in the Clinic for HIV-Related Concerns at Mount Sinai Hospital in Toronto, where he also teaches emotion-focused mindfulness to people living with HIV, psychiatric outpatients and hospital employees.

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