

Continuing Education Credit:
6.25 Hours

- **Psychologists** LGPS is an approved continuing education sponsor for Louisiana licensees.
- **Social Workers** Applications have been submitted for review to the Louisiana State Social Work Board.
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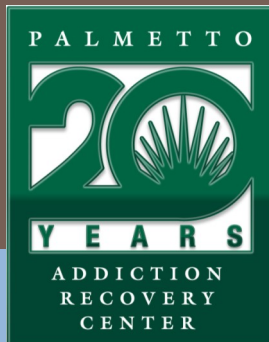
Baton Rouge General
Behavioral Wellness
Center

Baton Rouge
Behavioral Hospital

Recovery Center of
Baton Rouge

Woodlake Addiction
Recovery Center

Co-Host



Louisiana Group Psychotherapy Society
ATTN: Josh Pitre, LMSW
721 Government Street, Suite 103-148
Baton Rouge, LA 70802

Louisiana Group Psychotherapy Society

Mindful Interactions

John Pickering, Ph.D.

November 1, 2014

Baton Rouge General
Behavioral Wellness Center
4045 North Blvd, Suite A
Baton Rouge, LA 70806



Schedule

Saturday, November 1st

- 8:30am - 9:00 Registration and Coffee
- 9:00 - 10:30 Discussion of mindfulness, meditation, and varieties of meditation, and participation in meditation exercises.
- 10:30 - 10:45 Break
- 10:45 - 12:00pm Small Experiential Group # 1
- 12:00 - 1:15 Lunch: Sponsor Panel
- 1:15 - 2:45 Discussion of experiences from first group; introduction and participation in other types of meditation exercise.
- 2:45 - 3:00 Break
- 3:00 - 4:15 Small Experiential Group # 2
- 4:15 - 5:00 Discussion of experiences from 2nd group following different types of meditation. Wrap up and final meditation exercise.

Learn from experience.

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Lgpsonline.org

About your Presenter

John Pickering, Ph.D. has been studying and practicing Zen Buddhism for over 40 years. He began his meditation practice in 1972, the same year he entered graduate training in Clinical Psychology at Louisiana State University (LSU). His private therapy practice (with Dawson Psychological Associates, Baton Rouge, 1985 - present) has always incorporated what is now termed a "mindfulness-informed" therapeutic approach. Along with Dr. Gary Pettigrew, he co-founded a small zen meditation and study group that has now met weekly for over 20 years, and he was a founding member of the English-speaking meditation group at the Tam Bao Buddhist Temple. He has attended numerous workshops on meditation and psychotherapy, and has taken part in many meditation retreats in Baton Rouge and Grande Coteau, LA over the past several years. Over the past decade, he and Thay Dao Quang, a Buddhist monk and Abbot of the Tam Bao Temple, have presented meditation workshops to Baton Rouge Area psychologists, social workers, and counselors, as well as other allied health professionals. In addition to private practice, Dr. Pickering teaches for the LSU-Our Lady of the Lake Psychiatric Residency Program, and is Emeritus Faculty with the Southern Louisiana (Psychology) Internship Consortium. He retired in 2011 after 20 years of state service as a psychologist.

Workshop Objectives

- Attendees will become familiar with the use of mindfulness and other meditation practices to develop therapeutic behaviors and attitudes such as patience, compassion and being-in-the-moment.
- Attendees will participate in and experience directly the practice of a variety of meditations, including concentration meditation, mindfulness meditation, loving-kindness meditation, and walking meditation.
- Attendees will participate in experiential groups following periods of meditation, observing any differences in thoughts, feelings, and/or behavior that may result from the meditation exercises.

Registration

Name & Credentials

Address

City, State & Zip Code

Phone Number

Email

Please do not contact me via email about services your organization provides.

Membership Renewal & Institute Registration Fees

- LGPS Member \$65.00 + \$120.00
- New Professional (1-3yrs) \$45.00 + \$70.00
- Student \$25.00 + \$35.00
- I have paid my 2013-2014 Membership Dues and wish to register for the conference:

Institute Registration Fees

- LGPS Member \$120.00
- New Professional (1-3yrs) \$70.00
- Student \$35.00
- Non Member \$145.00

*** Onsite Registration - Additional \$15.00 ***

Small Experiential Group Leaders	1st Choice	2nd Choice	3rd Choice
Toni Bankston, LCSW			
Christen Cummins, LCSW & Melanie Faust, LCSW, CGP			
Michael Cascio, LCSW, BCD, CGP			
Christopher Garner, PsyD, CGP			
Lisa Lipsey, LCSW			
Debbie Wray, LCSW, CGP			

PLEASE RETURN THIS FORM

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ATTN: Josh Pitre, LMSW
721 Government Street, Suite 103-148
Baton Rouge, LA 70802

225-252-7188 lgpnews@gmail.com