

# Community Mental Health Association of Michigan Presents: A Mindfulness Approach to Clinical Social Work

**Monday, June 10, 2019  
8:45am – 4:00pm (Registration at 8:15am)**

**The Diamond Center at Suburban Collection Showplace  
46100 Grand River Ave, Novi MI 48374**

**Free parking for CMHA Conference attendees.**

Mindfulness is recognized as a component of DBT; however, it has now been expanded into Mindfulness Based Stress Response, Mindfulness Based Cognitive Therapy, and Mindfulness Based Relapse Prevention. Mindfulness proves an effective intervention with any type of impulse control issues. Participants attending this training should expect an overview of mindfulness applications regarding mental health, substance use disorder and co-occurring disorder issues. Emphasis will be placed on the engagement of clinical participants into mindfulness practice, specific therapeutic interventions, and overall benefits in the clinical relationship involving mindfulness. This pre-conference workshop will involve an interactive, engaging presentation from a variety of approaches including, but not limited to research, participant experience, and clinical resources for direct application.

## **Presenter**

**Thomas (Tom) L. Moore, MS, MA, LMSW, LLP, CAADAC, MAC, CCS  
Owner and Principle, Two Moons, LLC**

Thomas L. Moore is the founder and principal of Two Moons Consulting. Prior to the formation of this training and consulting LLC in 2014, Tom was the Director of Workforce Development for Cherry Health in Grand Rapids. Prior roles included: Director of Informatics, Quality Management and Research for Pro-Action Behavioral Health Alliance, and Clinical Director of Life Guidance Services. Tom has served as a part-time instructor for Western Michigan University since 1986, in both the Counselor Education and Counseling Psychology (CECP) Department and in the Specialty Program for Alcohol and Drug Abuse (SPADA). He holds graduate degrees in Education and Psychology from Indiana University and Vermont College of Norwich University respectively. Following his terms of vice-chair and chair of the Michigan Certification Board of Addiction Professionals, Tom continues to serve as a board member of MCBAP.

## **Training Objectives**

- To Define Mindfulness as Compared to Other Forms of Cognitive Therapy.
- To List Mental Health and Substance Use Disorder Conditions that can be Improved with Mindfulness.
- To Engage in Mindfulness Exercises in Order to Gain Direct Experience of the Approach.
- To Determine which Client Presentations are Appropriate for Mindfulness.
- To Analyze Other Meditative Approaches and Compare to Mindfulness.
- To Create a Person-Centered Plan Emphasizing Mindfulness.

## Training Agenda

8:15am	Registration
8:45am	Welcoming, Course Overview, Review of Objectives, Definition of Mindfulness, Initial Mindfulness Practice
9:45am	Pillars of Mindfulness, Description of Core Elements, Research findings, further Mindfulness Practice
10:45am	Break
11:00am	Screening for Mindfulness and Conceptual Introduction to Clients, Assigning Basic Task, Structuring Clinical Mindfulness Practice
12:00pm	Closing Morning Mindfulness Exercise
12:15pm	Lunch (included)
1:15pm	Comparison and Contrast to other therapeutic approaches, specific practice with the Seven Sisters of Mindfulness
2:45pm	Break
3:00pm	Applications to Case Studies
3:30pm	Questions, Wrap-up, Evaluation
4:00pm	Adjourn

## Continuing Education Information

**Social Workers:** This course qualifies for a maximum of **6 CEs**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

**Substance Abuse Professionals:** CMHA is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA maintains the responsibility for the program and content. Substance Abuse Professionals participating in this course may receive a maximum of **6 SPECIFIC** contact hours. It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

**Certificate Awarded:** At the conclusion of this conference, turn in your Certificate of Attendance form to the CMHA Staff to be approved. You will turn in the top sheet & retain the bottom sheet which serves as your certificate of participation. No other certificate will be given.

**Grievance:** If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHA at 517-374-6848 or through our webpage at [www.CMHAM.org](http://www.CMHAM.org) for resolution.

Continuing Education Rules indicate that if you are over 5-minutes late or depart early, you forfeit your CEs for the entire training. Please note that this is a National rule that CMHA must enforce or we could lose our provider status to provide CEs in the future. This rule will be strictly followed.

## Training Fees (Includes training materials, continental breakfast and lunch)

\$125 CMHA Members

\$148 Non-Members

## Payment Information

- **Payment will be required prior to attendance.**
- Payment methods available in advance and onsite: credit card, check or exact cash.
- If payment has not been received, **fees will be collected at registration the day of the event** unless arrangements are pre-approved by CMHA.
- Purchase Orders are not considered payment.
- All No Shows will be billed the full amount.
- If Paying by Check: Make payable to CMHA and mail to 426 S. Walnut Street, Lansing, MI 48933
- **Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full training rate. Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a \$25 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given.**

## To Register for this Training

**[CLICK HERE TO REGISTER FOR THE TRAINING!](#)**

**Questions? Contact CMHA at 517-374-6848 or [cward@cmham.org](mailto:cward@cmham.org)**