



Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy

What Clinicians Need to Know About Non-Ordinary States

Presented by

Ronald D. Siegel, Psy.D.

Friday, April 28, 2023

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

Overview

Ever since Freud, psychotherapists have worked with non-ordinary states such as dreams, hypnosis, and free association to understand and heal the heart and mind. In the past decade mindfulness and compassion practices have become mainstream tools, while more recently research on psychedelic-assisted psychotherapy has mushroomed. Psychedelics, often combined with insights from mindfulness and compassion practices, now offer not only possible breakthrough treatments for PTSD, depression, addictions, and end-of-life anxiety, but provide new insights into the nature of psychological distress, mechanisms of healing.

What can clinicians learn from these developments? What can they teach us about the neurobiology of human suffering and flourishing? How can they inform our practice?

In this day-long interactive webinar, you'll learn practical tools and techniques derived from mindfulness and compassion-oriented treatment and psychedelic-assisted psychotherapy to help clients with a wide-array of disorders. We'll explore ways to help clients integrate split-off traumatic memories, open their hearts, embrace vulnerability, surrender to the flow of ever-changing experience, move from isolation to deep connection with people and nature, appreciate the unreliable fluidity of thought, and find meaning in everyday moments.

You'll learn how to use mindfulness and self-compassion practices along with other techniques to harness these healing mechanisms, while also gaining the knowledge necessary to help clients who might be experimenting with psychedelics to integrate and grow from their experiences.

Objectives: Participants will be able to:

- Describe how mindfulness practices work to resolve psychological distress
- Describe the role of compassion, and self-compassion in psychotherapeutic progress
- Describe evidence for the efficacy and mechanisms of action in psychedelic-assisted psychotherapy
- Identify patients considering psychedelic experiences outside of treatment
- Identify how to help clients integrate psychedelic experiences into their therapy
- Identify how to incorporate elements of mindfulness and compassion-informed, and psychedelic-assisted sessions into other forms of psychotherapy

9: a.m.

- History of non-ordinary states in psychotherapy
- Common factors in psychopathology and their antidotes
- What are psychedelics?
- History of psychedelic-assisted psychotherapy (PAP)

10:30 a.m. Break

10:45 a.m.

- Origins and effects of different psychedelic agents
- Cautions and contraindications
- Structuring PAP

12:15 Lunch Break

1 p.m.

- What are mindfulness practices and how do they work?
- Compassion: What is it really?
- Synergies among mindfulness, compassion, & PAP

2:30 p.m. Break

2:45 p.m.

- The role of transpersonal awareness in healing
- Discovering the extraordinary gift of being ordinary

4:15 p.m. Program Ends

Dr. Ronald D. Siegel is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.

He has written *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*; and *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; coeditor of *Mindfulness and Psychotherapy, 2nd Edition*, and author of the new book, *The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are*.

ACCREDITATION



- *J&K Seminars, LLC is approved by the **American Psychological Association** to sponsor continuing education for psychologists. J&K Seminars, LLC maintains responsibility for this program and its content. (6 hours)*
- *This course has been approved by J&K Seminars, LLC, as a **NAADAC Approved Education Provider**, for educational credits. NAADAC Provider #103381, J&K Seminars, LLC is responsible for all aspects of the programing 6 hours)*
- *This program has been approved by the **Pennsylvania Board of Social Workers, Professional Counselors, and Marriage and Family Therapists** (6 hours)*
- ***Pennsylvania Department of Education – Act 48** approved for (6 hours)*
- ***Pennsylvania Certification Board** (6 hours)*
- *J&K Seminars LLC, Provider #1080, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. J&K Seminars maintains responsibility for this course. ACE provider approval period: 01/27/2021 – 01/27/2024. Social workers completing this course receive 6 Clinical continuing education credits.*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Psychology as an approved provider of continuing education for **Licensed Psychologists** #PSY-0140. (6 hours)*
- *J&K Seminars, LLC, is recognized by the **New York State** Education Department's State Board for Social Work as an approved provider of continuing education for **Licensed Social Workers** #SW-0174. (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Marriage and Family Therapist** #MFT-0041 (6 hours)*
- *J&K Seminars, LLC is recognized by the **New York State** Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for **Licensed Mental Health Counselors**. #MHC-0077. (6 Hours).*
- ***Ohio** Counselor, Social Worker, Marriage and Family Therapist- RCST111404 (6 hours)*
- ***State of Illinois** Department of Professional Regulation – J&K Seminars, LLC is a Registered Social Worker Continuing Education Sponsor – License #159-000833, and Marriage and Family Therapy Continuing Education Sponsor – License #168-000195 (6 hours)*
- *J&K Seminars is an approved provider with the **Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling**. Provider Number 50-1062. (6 hours)*
- *J&K Seminars, LLC is authorized by the **Board of Social Work Examiners in Maryland** to sponsor social work continuing education learning activities and maintains full responsibility for this program. This training qualifies for Category I continuing education units. (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Professional Counselors for Licensed Professional Counselors** – Provider #1835 (6 hours)*
- *J&K Seminars is an approved provider of continuing education by the **Texas State Board of Examiners of Marriage and Family Therapists** – Provider #824 (6 hours)*
- *J&K Seminars, LLC is an **AOTA Approved Provider of professional development**. Course approval ID# S0423. This Webinar offered at .6 CEUs, intermediate level, Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.*



Practice Level –Intermediate.

We accommodate persons with disabilities. Please let us know of any disability which may require special assistance.

Disclosure of potential conflicts of interest: The speaker receives royalties from the sale of books and has a website.

All Professionals (except psychologists) must complete the online feedback form to receive their CE certificate.

Refund Policy: We provide full refunds for cancelations made before the Webinar begins. If for any reason the program is cancelled, the liability of J&K Seminars, LLC shall be limited to a full refund of registration fees.

For more information, phone (800) 801-5415 or email - JK@jkseminars.com/ FAQ



Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy

What Clinicians Need to Know About Non-Ordinary States

Presented by

Ronald D. Siegel, Psy.D.

Friday, April 28, 2023

LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET

	Registration Fee
Individual Early Registration (received by March 17) _____	\$165 per person
Two or more together at the same time (by March 17) _____	\$155 per person
Regular Registration (March 18– April 21) _____	\$185 per person
Late Registration - (No Registrations After April 26) _____	\$200 per person

Please Print - Name & Degree as you want them to appear on your CE certificate

Name _____ Degree/License _____

Agency _____

Mailing Address to receive your nametag & receipt: ____ Home ____ Work

Street _____

City/State/Zip _____

Phone (W) () _____ (H) () _____

Fax () _____ Email _____

Additional Information

Your Profession: _____

Type(s) of CE Credit Desired: _____

FID# 23-3072383

Visa/MC/Disc/Amex# _____ Exp. _____ Signature _____

3-Digit Verification # on back of Visa/MC/Discover _____ 4 digit # on front of AMX _____

\$ _____ Amount Authorized/Enclosed - Make Checks Payable To: **J&K Seminars**

Send payment & registration form to J&K Seminars, 904 Church Rd, Wyncote, PA 19095 –1601
OR Register By Phone (800) 801-5415 OR FAX (717) 393-4605 OR online at www.JKSeminars.com

Audience - Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol
- counselors
- marriage & family therapists
- music therapists
- case managers
- occupational therapists
- rehabilitation counselors
- graduate students

About our Live Interactive Webinars

If you've never experienced one of our Webinars, we think you will like this modality. We make it easy. The Zoom Webinar we use requires no special software. You can view our Webinars on any internet connected device that has sound. You don't need a camera. We email the Zoom links with clear instructions, reminders and lots of backup support.

With our Zoom Webinars you will not see the other attendees, but you will have several ways to interact with our speakers in real time. There is no posttest. The CE credits you earn count as in-person by most professional boards. We will email your certificate within a week of the Webinar. It takes us a few days to verify your attendance and the completion of your Feedback form.

We do not provide CE credit to webinar participants watching in groups. Attendees must register and login individually to receive credit. Please contact us if you have additional questions or concerns.

Bonus: attendees can access the recorded Streaming Video of this Webinar for 30 days following the presentation.