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ANNOUNCES A WORKSHOP

Yoga and Meditation: Psychotherapeutic Applications of these Mind-Body Practices



This workshop includes an introduction to psychology from the yogic perspective, a presentation of yoga-based principles useful in therapy, consideration of the way yoga can enhance the benefits of conventional treatment through mind, body, and behavioral change, a brief review of the research, and participatory learning of yoga and meditation practices. Registrants are invited to participate in an optional Introductory TriYoga Class prior to the start of the CE credit portion of the workshop; the class will be led by the workshop presenter in her studio. This is a shoe free/food free/drink free zone. During the brunch and registration part of the morning, we will be in the office portion of the space where shoes are welcome and food/drink will be provided! A few chairs are available for those who may need them during the credit portion of this workshop, but most participants will be asked to sit on the ground so please make sure that you wear comfortable clothing and socks. Cushions and backrests will be provided.

DATE:	Friday, April 23, 2010	
LOCATION:	Mind-Body Services and the TriYoga Center of Philadelphia 301 West Chester Pike, Suite 102, Havertown, PA 19083	
TIME:	9:00am - 10:30am	Optional Introductory TriYoga® Class by Christine Ware, Ph.D., E-RYT (No CE Credits)
	10:30am – 11:30am	Continental Breakfast/Workshop Registration
	11:30am – 2:30pm	CE Workshop (3 CE credits for this portion)

By the end of the session, attendees will be able to:

1. Articulate the distinguishing features of psychology from the yogic perspective, including the way that yoga promotes bodily, behavioral, cognitive, and affective change.
2. Explain how yoga practices enhance certain aspects of traditional mental health treatment and identify yoga-based principles that can be useful in therapy.
3. Consider the effects of yoga-based breathing, movement, concentration, relaxation, and meditation practices.
4. Appropriately refer clients to professionals with yoga and meditation expertise.
5. Be familiar with general research on the mental health effects of yoga and meditation practices.

PRESENTER: Christine J. Ware, Ph.D., E-RYT

Dr. Christine Ware is a licensed psychologist and an experienced yoga teacher, certified through Kali Ray TriYoga® in Basics through Level 3. She is an alumna of Swarthmore College. She received her doctorate in Clinical Psychology from DePaul University in 2004, where she specialized in child, adolescent, and family therapy. Dr. Ware has had long-standing interests in Eastern perspectives on mental health, in the connections between mind-body-spirit, the promotion of well-being, stress-related concerns, and complementary approaches to healing. She welcomes clients interested in integrating psychotherapy with yoga or meditation. She is also available for traditional psychological care.

She has worked with a broad range of presenting concerns, populations, and age ranges in outpatient, partial, and inpatient settings. Prior to her current practice, Mind-Body Services, she worked as a psychologist at The Center in King of Prussia and at RYAH Yoga and Health in Conshohocken, where she also taught yoga. Prior to this, she was at the Villanova University Counseling Center. Dr. Ware completed her internship at the Reading Hospital and Medical Center. Additional clinical experiences include the A.I. DuPont Hospital for Children, the Family Health Psychology Center, the University of Illinois at Chicago Counseling Center, the Department of Rehabilitation Medicine at the Hospital of the University of Pennsylvania, and the DePaul Community Mental Health Center.

Dr. Ware has studied TriYoga for over 14 years, and has been teaching TriYoga classes, workshops, private instruction, and teacher training in Philadelphia, Conshohocken, Swarthmore, Chicago, and in Germany since 1999. She is an Experienced Yoga Teacher (E-RYT) with the Yoga Alliance. She is a LifeForce Yoga Practitioner, trained in using yoga to help alleviate depression, anxiety, and bring balance to emotions. Dr. Ware has undergone training in using Buddhist psychology in psychotherapy and she has completed the postgraduate program of the Gestalt Therapy Institute of Philadelphia.

CE CREDITS:

The Philadelphia Society of Clinical Psychologists is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia Society of Clinical Psychologists maintains responsibility for this program and its content. This program provides Three (3) Hours of CE credits for Psychologists and Social Worker Board licensees.