



TORRANCE MEMORIAL
THELMA MCMILLEN CENTER
FOR ALCOHOL & DRUG TREATMENT



ADULT Program: 310-784-4879

TEEN Program: 310-257-5760

Presenting The Frontiers in Addiction Treatment Series:

“Mindfulness-Informed Interventions for Addiction Treatment”

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International Speaker, author, Clinical Counselor & Consultant,
EMDRIA Certified Therapist/Approved Consultant/Trainer

Tuesday, November 19, 2019

Schedule: 8:30-9am free continental breakfast and registration, 9-11:30 presentation

9-10am lecture

10-10:10am break

10:10-11:30am lecture

Torrance Memorial’s Health Conference Center 3315 Medical Center Dr. Torrance, Calif. 90505

NO CHARGE & NO RSVP required.

For information, help, accommodations for disability or addressing grievances,
please call the Frontiers in Addiction Series line (310) 257-5758.

Overview

Mindfulness-informed interventions are becoming more popular in social work, psychology and other clinical professions, informed by centuries-old traditions in meditation. However, many interventions that clinicians learn as “mindfulness” interventions may need to be adapted or modified to optimally serve the needs of traumatized clients, especially in addiction treatment and recovery settings. Obtain new insights on clinical practice by working with the fusion of perspectives, as well as a solid orientation to being more trauma-informed in your mindfulness work with clients. Gain an enhanced understanding of treatment planning for clients affected by addiction through experiencing several mindfulness-informed approaches to healing and wellness.

Objectives — Participants will be able to:

- Identify three ways mindfulness is relevant in enhancing clinical mental health and recovery settings.
- Describe three ways mindfulness practice helps to heal the brain of someone affected by traumatic stress and addiction.
- Explain three types of client “resistance” to working with mindfulness-informed interventions
- Be aware of related cultural disparities such as age, gender, ethnicity, religion, family situation, self-esteem, socialization and/or economic status

Target Audience: MDs and Psychologists (*), RN (BRN Provider #300), LCSW & MFT (CAMFT #128405), CCAPP (2S-02-489-0720), CAADE (CP20931C0819) and allied health professionals.

The Thelma McMillen Center is approved by the California Association of Marriage and Family Therapist to sponsor continuing education for LMFTs, LCSWs. Thelma McMillen maintains responsibility for this program/course and its content.

Course meets the qualifications for 2.5 hours of continuing education credit for LMFTs, LCSWs as required by the California Board of Behavioral Sciences. Certificates will be awarded at the end of the presentation with the return of a filled out evaluation.

Torrance Memorial Medical Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

Torrance Memorial Medical Center designates this live activity for a maximum of 2.5 AMA PRA Category I credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.