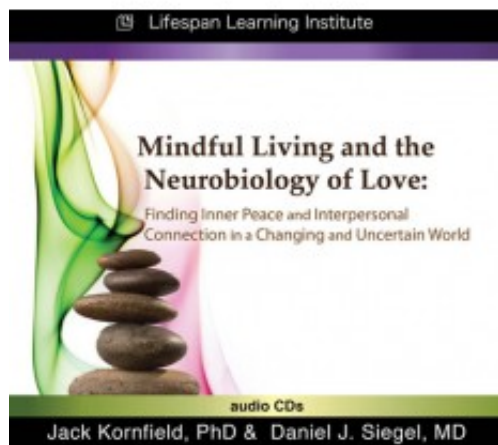


Mindful Living And The Neurobiology Of Love: Finding Inner Peace And Interpersonal Connection



Price: \$99.00

Description

"Join Jack Kornfield and Daniel Siegel as they explore the power of mindfulness, the art of healing and the establishment of inner balance, compassion and connectedness in every part of life. This is an opportunity to learn a new way of understanding how our connections with others—and ourselves—provide the foundation for healing and living a healthy, joyful, and wise life. This program provides practical steps to transforming one's own inner architecture as well as liberating the mind's innate drive toward compassionate and empathic relationships. Drawing upon the rich wisdom of Buddhist practice and branches of contemporary science, this program integrates eastern psychology with the powerful discoveries of modern empirical research. Presenters discuss positive approaches to awaken their own capacity for love, joy, and freedom in themselves and in others. Weaving together the art and science of personal transformation and the cultivation of well-being. {audio} Mindfulness, Healing and the Neurobiology of Love.

CE Credit at no extra cost when you pass the online test with a score of 80% or better. Select the type of CE credit you require, Remember to include your License # at checkout and we will send you the test link in a separate email.

Objectives

After completion of this program you will be able to:

- Identify 3 ways to heal trauma through the body and distributed nervous system.
- Describe the nature of self, personality and transformation.

Demonstrate mindful practice to help reduce suffering and promote resilience.

Compare "intrapersonal attunement" to catalyze mental, interpersonal and psychological well-being.

Explain the overlap among the secure parent-child attachment, mindfulness, and the integrative function of the brain, especially in the prefrontal cortex.

Demonstrate the practices and principles of transforming difficult emotions.

Apply trainings of loving, kindness, forgiveness and compassion.

CE Credit (optional)

This program is eligible for up to 14 Hours of CE Credit. The following continuing education credit options are available for this program:

Marriage and Family Therapists, Licensed Professional Clinical Counselors, Licensed Educational Psychologists & Licensed Clinical Social Workers: Lifespan Learning Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, & LEPs. Lifespan Learning Institute maintains responsibility for this program/course and its content. (provider # 050085)

Psychologists: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this program and its contents. The Ethical Principles of Psychologists will be upheld.

IMPORTANT NOTICE: California Association of Marriage and Family Therapists, Board of Registered Nurses and IMQ/CMA are California accrediting organizations. It is the responsibility of participants licensed in other states to verify whether their Licensing Board will accept the CE Credit we offer.

Specification

Conference Recordings	
CE Hours (optional)	10
format	mp3 audio
Presenter(s)	Jack Kornfield, PhD & Daniel Siegel, MD
Series	Mindfulness
Time	10 hours, 14 minutes
Year	2011