



Seeds of Awareness

SEEDS OF AWARENESS PRESENTS:

Acceptance & Commitment Therapy

A MINDFULNESS TRAINING WITH DR. KOKE SAAVEDRA



NOVEMBER 11, 2018



10AM - 4PM

www.seeds-of-awareness.org/our-services/training/



**OAKLAND PEACE CENTER
FELLOWSHIP HALL**

259 29TH STREET
OAKLAND, CA 94611

GOALS FOR TRAINING:

- Improve the effectiveness and impact of mindfulness-based therapy
- Enhance the quality of therapeutic relationships
- Support clients to connect with core values and act from them
- Develop valuable action-focused interventions
- Deepen mindfulness skills to reduce stress and sustain a greater sense of well-being

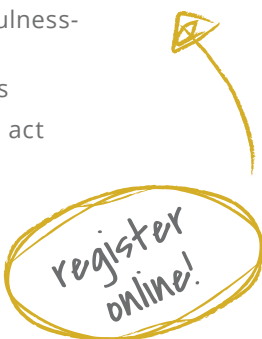
COST:

- **\$75** FOR NON-LICENSED PROFESSIONALS
- **\$100** FOR LICENSED PROFESSIONALS
- 5 CEUs AVAILABLE FOR **\$20 EXTRA**

TRAINING DESCRIPTION:

This dynamic 1-day intensive, experiential workshop offers practical applications of Acceptance and Commitment Therapy (ACT) for clinical professionals seeking to develop an evidenced-based mindfulness approach in their clinical practice. **Applicable for clients of all ages.**

This treatment approach is a creative extension of the flexible non-stigmatizing and effective mindfulness applications. Participants will learn mindfulness tools, valuable action-focused interventions to help clients disentangle themselves from the conditioned thoughts and emotions that may derail their lives.



5 Continuing Education units offered for MFTs, LCSWs, LPCCs, and/or LEPs

Course meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Seeds of Awareness is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Seeds of Awareness maintains responsibility for this program/course and its content.

Approval number 130040

DR. KOKE SAAVEDRA, PsyD

Dr. Koke Saavedra is a Chilean-borne Clinical Psychologist and devoted Zen meditation practitioner. Koke has a private practice working bilingually with children and adults in Berkeley, California. He has been clinical faculty/staff at Seeds of Awareness, JFK University, Wright Institute and Oakland Children's Hospital. Koke has extensive experience training professionals and graduate students in contemporary mindfulness-based and behavioral therapies. His vast knowledge of mindfulness combined with his dynamic and thoughtful presentation style provide a training opportunity not to be missed.

TO DISCUSS ACCOMMODATIONS, CANCELLATIONS, CEUs, GRIEVANCES OR OTHER INFO, PLEASE CONTACT US:

(510) 788-0876 X707

TRAININGS@SEEDSOFWARENESS.ORG