



## Basic Mindfulness Special Event offered by UNM Continuing Education

For Medical & Nursing Professionals, Mental Health Counselors & Social Workers, Clergy & the Community

Fall 2013



Friday Evening Reception for Shinzen Young is optional for students in this course.

### Basic Mindfulness System Presentation

Free and open to the public.

6:00 pm STP Rotunda

Light refreshments will be served following presentation.

### Managing Overwhelm in Clinical Practice:

#### Innovative Approaches from Shinzen Young's Basic Mindfulness System

Each day, every person has emotional experience—pleasant or unpleasant, subtle or intense. Learn to manage overwhelming emotional experiences using the innovative Basic Mindfulness System developed by renowned author and contemplative scholar, Shinzen Young. Shinzen teaches his simple, systematic technique for mindfully tracking sensory experiences. Unpleasant experiences become manageable and enjoyable experiences become more fulfilling. Medical and counseling professionals will gain a powerful tool for positive, life-long change to manage anxiety, depression, anger and other difficult emotions as well as pain management. This seminar involves both conceptual and experiential components, with a strong emphasis on the experiential.

#### By the end of the day you will have:

- A general theory of mindfulness (so that you can sort out the various types of mindfulness available)
- A specific theory of how mindfulness can be helpful to both therapists and clients
- A simple focus technique that you can use both for yourself and for clients when appropriate

Course: 38610 A October 19, Saturday 8:30am-5:30pm 8 hours \$79

Instructors: Shinzen Young and Shelly Young

This course is held at the UNM Science and Technology Park Rotunda, University of New Mexico, 801 University Blvd, SE, Park North (1st Floor-East), Albuquerque, NE 87102

#### To Register:

Call 277-0077 to register or register online at [dce.unm.edu](http://dce.unm.edu).

#### For more information:

Contact Loree Nalin, Program Supervisor at [hhs@dce.unm.edu](mailto:hhs@dce.unm.edu) or 505-277-6025.

#### Shinzen Young

is an internationally respected mindfulness teacher and creator of the Basic Mindfulness System ([basicmindfulness.com](http://basicmindfulness.com)). He is involved in ongoing studies with the clinical neuroscience team at the University of Vermont Mind-Body Medicine Clinic. Shinzen has served as contemplative mentor in residence at Brown University and presented at top universities in multiple countries.

In 2012, the Basic Mindfulness System was utilized in several fMRI studies at the Brigham and Women's Hospital neuroimaging lab at Harvard Medical School. Researchers used four of its techniques to help answer a basic question concerning what neuroscientists call, "The Default Rest Network." Several of the Basic Mindfulness System's science-friendly features contributed to stunningly clear and publishable results. The next round of studies has been planned.

#### Shelly Young, M.A., LPCC, LADC

is an internationally respected mindfulness teacher and creator of the Basic Mindfulness System ([basicmindfulness.com](http://basicmindfulness.com)). He is involved in ongoing studies with the clinical neuroscience team at the University of Vermont Mind-Body Medicine Clinic. Shinzen has served as contemplative mentor in residence at Brown University and presented at top universities in multiple countries.

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