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.
For more information:
Contact Loree Nalin, Program Supervisor at hhs@dce.unm.edu or 505-277-6025.