

FREE CEU Webinar

Thursday, July 29
5:30 - 7:30pm



TOPIC: MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) - KEY CONCEPTS AND INTERVENTIONS

By integrating Mindfulness-Based Cognitive Therapy (MBCT) into practice, professionals can better help clients in finding relief from treatment-resistant anxiety disorders, mood disorders, and adjustment disorders.

This webinar will begin by providing an overview of Mindfulness-Based Cognitive Therapy- reviewing the history of MBCT, the efficacy of MBCT, and misconceptions about MBCT. Attendees will learn the purpose of MBCT, who it is appropriate for, and how to address common barriers to MBCT's effectiveness. Case Studies, tools, and sample interventions will be introduced to prepare attendees for the practical application of Mindfulness-Based Cognitive Therapy.

Speaker: Grace Johnson, LCSW, Pro-Therapy Practice

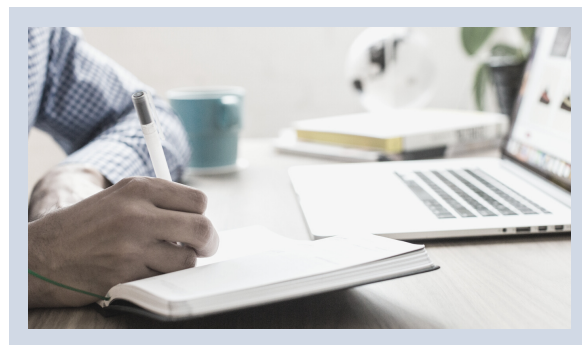
REGISTRATION

[www.lidementia.org/
Summer-2021-CEU](http://www.lidementia.org/Summer-2021-CEU)

Credits available to social workers only. Other professionals welcome for education.

2 CE credits per webinar.
All webinars provided via Zoom.

The Long Island Alzheimer's and Dementia Center is recognized by the NYS Education Department's State Board for Social Work (#SW-0628).



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