



# The Power of Being Present: Creative Mindfulness Techniques

Friday June 30, 2017 • 8:30 a.m. – 11:30 a.m.

## Premier Training for Clinicians

**Workshop description:** This workshop focuses on the benefits of mindfulness and how to be present in the current moment. This workshop explores various mindfulness techniques and the practical application of implementing them into everyday life as well as into clinical settings.

The mindfulness skills explored and taught in this workshop come from Dialectical Behavior Therapy (DBT). This workshop will provide the participants with mindfulness skills that can be used in their own practice. Participants will also learn new innovative ways of incorporating mindfulness into a clinical setting.

### Educational Objectives:

- Describe the ‘Three States of Mind’
- Identify how mindfulness is integrated into behavioral approaches
- Define and describe the Core Mindfulness Skills
- Define the benefits of Mindfulness in everyday life
- Describe how Mindfulness can be implemented into clinical settings

Location:  
Hillside Campus  
Monroe Building

1301 Monroe Drive  
Atlanta, GA 30306

Date and Time:  
Friday June 30, 2017  
8:30 a.m. – 11:30 a.m.

Cost: \$60.00\*

\*Discount available when registered with other workshops

Registration Deadline:  
June 28, 2017 (for June 30<sup>th</sup>)

Continuing Education:  
3 Core Hours approved by LPCA (# 7026-17M) and GAMFT (#086-2017)  
3 Related Hours approved by NASW-GA

*Register Online*  
[www.hillsideDBT.org](http://www.hillsideDBT.org)

For more information  
Contact Gaan Akers  
Email: [gakers@hside.org](mailto:gakers@hside.org)  
Phone: 404-545-2163

### The Power of Being Present: Creative Mindfulness Techniques

8:00	-	8:30	Registration and Sign-in
8:30	-	8:45	Introduction/Mindfulness Practice
8:45	-	9:45	Why Mindfulness?
9:45	-	10:30	Implementing mindfulness into everyday life
10:30	-	11:30	Mindfulness techniques in a clinical setting

### Workshop facilitator



**Dr. Kimberly Vay, EDD, LPC**

Dr. Kimberly Vay is a Licensed Professional Counselor who has been working with children, adolescent and families for 11 years. She received her Bachelor’s of Arts in Education at Edinboro University in PA, Masters of Arts in Professional Counseling at Argosy University and her Doctorial Degree in Counseling Psychology at Argosy University. She participated in Core Clinical training© and Case-Based clinical training in Dialectical Behavior Therapy© with Shari Manning of Treatment Implementation Collaborative and formerly with Behavioral Tech. She also completed Advanced Case Based DBT Training© in 2014 and Advanced Topics in DBT: The Art of Moving from Conceptualization to Exposure for Emotional Avoidance© in 2017.

Dr. Vay provides DBT in the group, individual and family settings and has led adolescent and family skills groups. Dr. Vay also leads parent DBT groups. Additionally, Dr. Vay has been trained in Level One and Two of Theraplay® and Group Theraplay®. She has been practicing Theraplay® in groups, individual and family therapy.

Dr. Vay enjoys working with children, pre-teens, adolescents and young adults struggling with interpersonal relationships, emotion regulation and self-esteem to help them learn coping strategies and skills to effectively manage intense emotions and feelings and to build a Life Worth Living.