

Registration Form

Mindfulness-Based Stress Reduction for Mental Health Professionals

(for Psychologists, Social Workers, Nurses and others)

22.5 hours of Continuing Education approved by
the MN Boards of Psychology, Social Work, and Nursing

8 Sessions

7 Fridays, 1:00 - 3:30 PM

November 1, 8, 15, 22 and December 6, 13, 20, 2019

Plus All Day one Saturday, 9:00 – 4:00

December 14, 2019

Shambhala Meditation Center

2931 Grand St. NE, Minneapolis, MN 55418

WHO WOULD BENEFIT?

Therapists, coaches, social workers, teachers, consultants who use or want to integrate Mindfulness more fully into their professional practices. MBSR and Yoga Teachers, therapists who use an MBCT approach, DBT therapists. Mental Health professionals who yearn for a day of mindfulness for their own stress reduction. Others who yearn for a supportive, guided container in which to develop their mindfulness practice. ALL levels of experience are welcome.

Today's Date: _____

Name: _____

Licensure, if applicable: _____

Organization/Agency: _____

Email: _____

Preferred Phone: _____

Land Address _____

City, State, Zip _____

How do you use mindfulness in your professional life (or how you hope to): _____

What would you like to get out of this experience? _____

Have you attended other MBSR trainings and if so, what were they? _____

REGISTRATION:

Cost: \$425 for all 8 sessions (includes your CE Certificate). There is a \$25 discount for non-credit card payment. Space is limited, please register early. Please complete and return this registration form by email or snail mail.

Credit Card payment: Number of people _____ x \$425.00 = _____

Cash or check payment: Number of people _____ x \$400.00 = _____

Make check payable to True Nature Mindfulness.

Enclosed total \$_____

Checks - Payable to True Nature Mindfulness, mail to:

Paula Coyne
4729 11th Ave S
Minneapolis, MN 55407.

Credit Card payment: Call Paula Coyne at 612-703-4785

Questions? Paula Coyne at 612-703-4785 or truenaturemindfulness@gmail.com