

# TRAUMA & MINDFULNESS: WORKING WITH THE PARADOX OF PAIN

SEPTEMBER 30, 2013

**Dr. John Briere**

## **About the Workshop Facilitator**

John Briere, Ph.D., is an Associate Professor of Psychiatry and Psychology, and Director of the Psychological Trauma Program at the Keck School of Medicine, University of Southern California. He is also Center Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network.

A past president of the International Society for Traumatic Stress Studies (ISTSS), he is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association and the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS. He is author or co-author of over 100 articles and chapters, 11 books, and eight trauma-related psychological tests. He teaches on trauma, therapy, and mindfulness practices internationally. For more information visit his website at [johnbriere.com](http://johnbriere.com)

## **About the Workshop**

Mindfulness is the capacity to observe and reflect upon one's ongoing thoughts, feelings, and memories, without judgment, and with acceptance. This workshop provides an overview of Buddhist philosophy as it relates to trauma and suffering, as well as mindfulness techniques that can be integrated into ongoing trauma therapy. The importance of the clinician's own mindfulness, and his or her compassionate attitude toward the client will be emphasized.

This one day workshop is being organized as part of this year's annual Canadian Association for Suicide Prevention which will be held in Winnipeg at the Delta Winnipeg.

## **Registration**

Cost of the Workshop is \$115.00 and \$135.00 after August 16<sup>th</sup>.

To register for Dr. Briere's workshop and get more information about this years CASP Conference, "Creating New Pathways: trauma Informed Approaches to Suicide Prevention visit [www.caspconference.ca](http://www.caspconference.ca).