

# **WORKING WITH CLIENTS TO CULTIVATE LIFE BALANCE THROUGH MINDFULNESS- BASED SELF-CARE PRACTICES**

***Presenters: Isabel A. Thompson, Ph.D., LMHC  
Eric S. Thompson, Ph.D.***

**Friday, November 6, 2020 ♦ 9:00 a.m. – 12:00 p.m.  
ZOOM Webinar**

**This presentation will provide attendees with a theoretical and practical foundation in mindfulness-based approaches to self-care. The presenters will provide information regarding a theoretically-based and empirically supported model of life balance and explore case conceptualization. Experiential activities will be utilized that participants can utilize with clients to increase self-care, including mindfulness-based approaches and contemplative practices including breathing, lovingkindness, and compassion practices to enhance mental and emotional balance. This presentation will also address the ethical mandates for mental health professionals to maintain their own well-being.**

***Level of Curriculum Content: Intermediate***

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTERS

**Isabel A. Thompson, Ph.D., LMHC** is an assistant professor in the Department of Counseling at Nova Southeastern University's College of Psychology in Fort Lauderdale, Florida. She completed her master's degree in Counselor Education at the University of Central Florida in 2006. She pursued her Ph.D. in Counselor Education and Supervision at the University of Florida, graduating in 2012. She is a Licensed Mental Health Counselor (LMHC) in Florida and has clinical experience working with children and adults in school, community, and private practice settings. Her areas of research include wellness, mindfulness, applications of contemplative approaches in counseling, counselor burnout, maternal mental health, and the transition to motherhood. She is also a certified yoga instructor and certified in Cultivating Emotional Balance, a contemplative approach to managing emotions. When not working, she enjoys spending time with her husband and two children.

**Eric S. Thompson, Ph.D.**, is an assistant professor in the Department of Counseling at Nova Southeastern University's College of Psychology in Fort Lauderdale, Florida. Dr. Thompson earned his M.Ed/Ed.S in 2006 and his Ph.D. in Counselor Education in 2012, specializing in School Counseling. Dr. Thompson has experience working in mental health and Baker act facilities as well as school settings as a school counselor. His research interests include resiliency, evidence-based interventions in schools, self-care, burnout prevention, and contemplative approaches to wellness. He is also a certified yoga instructor and certified in Cultivating Emotional Balance, a contemplative approach to managing emotions. When not at work, Dr. Thompson spends time with his wife and children and enjoys playing guitar.

## PROGRAM OBJECTIVES

Participants will be able to:

- Identify the rationale for integrating mindfulness-based self-care practices with clients
- Discuss an understanding of life balance as well as factors that enhance life balance in case conceptualization
- Identify the research basis for mindfulness-based self-care practices in clinical work
- Apply mindfulness-based self-care practices in client treatment planning and intervention

## PROGRAM AGENDA

9:00 a.m. – 9:30 a.m.	Introduction and research base for the integration of mindfulness-based self-care
9:30 a.m. – 9:45 a.m.	Definitions of life balance and mindfulness-based self-care
9:45 a.m. – 10:00 a.m.	Rationale for addressing life balance and integrating mindfulness-based self-care with clients
10:00 a.m. – 10:15 a.m.	Model of life balance: emotional, attentional, conative and cognitive balance and the practices that can enhance life balance
10:15 a.m. – 11:00 a.m.	Experiential activities: Mindfulness of breath; mindful awareness; mindful movement; self-compassion; loving kindness
11:00 a.m. – 11:30 a.m.	Case conceptualization using the life balance model
11:30 a.m. – 11:45 a.m.	Integrating mindfulness-based self-care practices in client treatment planning
11:45 a.m. – 12:00 p.m.	Ethical mandates for mental health professionals to attend to their own self-care and wellbeing

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## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/21.

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/21.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), [www.ncate.org](http://www.ncate.org). This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.