

Healing Ourselves, Healing Our Communities:

A Day of Mindfulness for Psychotherapists, Counselors, and the Healing Professions
With Larry Yang

Sunday, Feb 7
9:30am to 4:30pm
East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway Street,
Oakland, CA 94612
(near the 19th Street BART station in
downtown Oakland)



Registration is required
and space is limited.
E-mail your full name to
admin@eastbaymeditation.org or call (510)
268-0696 and specify
“register for Mindfulness
for Therapists.”

Mindfulness is being implemented more frequently as an effective modality in psychotherapy and counseling. This daylong will explore the relationship between mindfulness practice and spiritual transformation with clinical practice and psychological transformation. We will explore the experience of Mindfulness in different forms: sitting meditation, meditations during activities, and reflective meditations, in order to better understand their applications in developing the therapeutic relationship. There will be experiential exercises and discussions about how to apply our direct experience to healing different aspects of suffering including: anxiety, anger management, chronic pain, depression, addiction, and trauma. We will also explore how to make the invitation of Mindfulness relevant to multicultural communities. Beginning and experienced meditators from the Counseling Professions are invited to this event. Please bring your lunch.



Larry Yang, LCSW, teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center. His webpage is at: www.larryyang.org

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers. This event meets the qualifications for 6 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. CEUs will be offered on a “Dana” or donation basis—checks should be made out to “EBMC” (usual CEU fees are around \$25). Please indicate upon registration that you wish CEUs. Please bring your clinical license number. You will receive a CE certificate within 30 days after participating in the daylong.



EBMC is Wheelchair Accessible

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.