

Pacific Northwest Psychoanalytic Society
A Local Chapter of Division 39
Of the American Psychological Association

Winter 2010 Program

Wednesday, January 6, 2009

7:30-9:30 P.M., doors open at 7:00

Mindfulness: Finding Support in Times of Light and Darkness

Presented by: Madelon Bolling, Ph.D.

Meeting Location: at the home office of Jeanne Castle, M.A.

Our complex human experience often entangles and overwhelms us. Mindfulness, a practice of deliberately and non-judgmentally noticing the phenomena of our experience, can support us as we navigate the waters of overwhelm and help us stay afloat. Though most often turned to in times of darkness, the practice of mindfulness can actually increase our presence to and enjoyment of good times as well. This presentation includes guided exercises to give attendees an experience of this different view of life.

Objectives:

Participants will

- 1) understand the utility of shifting attention to the present moment
- 2) be able to discriminate three domains of experience
- 3) learn the "breathing space" coping technique

Madelon Y. Bolling, PhD is a licensed clinical psychologist. . In addition to her private practice in Seattle , she leads mindfulness classes at A Positive Alternative, a substance-abuse treatment center in Wallingford . She also supervises pre-doctoral therapists in training and teaches a clinical seminar on Acceptance and Commitment Therapy (ACT), an approach that incorporates many features of mindfulness. Her personal practice of various types of meditation began in 1968, and she has studied with local Zen groups since 1983.

CE credits: 2

This program, when attended in its entirety, is offered for 2 CE credits. Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content. The instructional level is intermediate. Free to members, \$15 for non-members.