

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

Winter 2012 Program  
Wednesday, January 4, 2012  
7:30-9:30 P.M., doors open at 7:00

**“Desperate Parent's Lives: A Path to Mindfulness”  
Presented by Joshua Aaron Ginzler, PhD  
Meeting Location: the home of Jeanne Castle**

Dr. Ginzler will present a thoughtful approach to working with families via a two phase program. The first phase involves the Mindful Family Stress Reduction (MFSR) program that will offer people a better method to relate to their lives so that they can focus on building a healthy family instead of preventing or arresting disease and illness within an increasingly dysfunctional family context. In the second phase, Dr. Ginzler elucidates the Mindful Village, an extension of the MFSR that provides families with their community of support for their new life-path. The Mindful Village is more than just a support group, however, offering regular psychoeducation on rotating topics, and functionally directed dialogues with a facilitator or Mindfulness Coach. The ultimate goal is to help people find a more powerfully sustained manner of developing a contemplative path that is a beacon for individual health.

After attending this talk, participants will be able to:

1. Develop an understanding of the basic parameters for incorporating contemplative psychology into therapeutic work with clients.
2. Delineate the differences between formal and informal practices so that professionals who are not deeply involved in their own formal practice can understand how to best work with the informal realm of options.
3. Develop a richer understanding of the connection between the mind and the brain as well as the potential that a contemplative practice has on our ability to develop that connection in a self-empowering manner.

Dr. Ginzler began his psychology career as a research scientist at the University of Washington, focused on issues of homelessness, substance use, and suicide. After more than a decade of NIH research, Dr. Ginzler has moved to the private sector to develop his vision for mindfulness and contemplative psychology through amindfulcenter: a holistic wellness center focused on the delivery of mindfulness-based and contemplative programs across the spectrum of the community, both for the client and the professional. Currently, Dr. Ginzler is seeing clients in private practice and collaborating on the data collection for MFSR with colleagues at the University of Oregon.

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.