

Integrating Mindfulness and Self-Compassion Into Addiction Treatment for Clinicians, Educators, and Staff



Weekend Training /Retreat

Friday, October 7 – Sunday, October 9, 2016

Cost includes 2 night accommodations, food, and tuition

CEU's for Social Workers offered

HeartWell Institute 1015 Pleasant St Worcester, MA

Join Zayda and Nina in learning the art and science of Mindfulness and Self-Compassion. Self-Compassion is a key element of mindfulness practice and the foundation of emotional healing.

After participating in this training/retreat, you will be able to:

- Implement *adaptations* of mindfulness-based practices into addiction treatment
- Use mindfulness and self-compassion to address difficult emotions
- Practice self-care using mindfulness and self-compassion

Zayda Vallejo, M.Litt is a Mindfulness-Based Stress Reduction teacher and professional trainer. She co-developed a Mindfulness-Based-Relapse Prevention Program for women in addiction recovery for the Boston Public Health Commission, and co-published with Lisa Fortuna, MD “Treating Co-occurring Adolescent PTSD and Addiction”.



Nina Cerviatti is a seasoned meditation, wellness, and fitness instructor. Nina's eclectic wellness background includes a wide variety of mindfulness and healing movement trainings. Nina has certifications in Yoga, Pilates, Qigong, Tai-Chi and Mindful Self-Compassion. For the last 6 years Nina has facilitated support groups for breast cancer survivors and residents in recovery treatment centers.



www.heartwellinstitute.com

LIMITED SPACE: Pre-registration required! Early registration \$315 (Closes on September 15) \$355 after.

Registration on Friday, October 7 from 5:30- 7:00 PM (Snacks will be provided)

Program starts at 7:00 PM and ends on Sunday at 11:00 AM

To register/ for more information email nlcfitness1@gmail.com or call 774-243-6800