



The Regional Behavioral Health Center of Excellence at ECMC

Continuing Education Training

3 CEU - SW/MHC/CASAC

OCTOBER 4, 2019

Mindfulness for Anxiety Disorders

Elley Newton, LCSW-R

Overview:

This workshop will be an opportunity to learn more about mindfulness, why it is effective for treating anxiety across the ages, and how to introduce a personal mindfulness practice and specific mindfulness skills to teach individuals experiencing anxiety.

Learning Objectives:

- 1) Define and explore mindfulness.
- 2) Introduce basic mindfulness meditation practices and discuss how to introduce a personal mindfulness practice.
- 3) Identify the spectrum of anxiety disorders.
- 4) Explore why mindfulness is effective for helping anxiety disorders; review research supporting the use of mindfulness for anxiety disorders.
- 5) Learn specific mindfulness skills that can be taught to children, adolescents, and adults with anxiety disorders and identify how to help clients build a regular mindfulness practice.
- 6) Problem solve barriers to using mindfulness with clients with anxiety disorders.

Instructor:

Elley Newton is a Licensed Clinical Social Worker (LCSW-R) licensed to practice psychotherapy in New York State. She began her career as a Psychiatric Social Worker at Erie County Medical Center working with individuals in the Comprehensive Psychiatry Emergency Program (CPEP), Adult Inpatient Psychiatry, and in the Outpatient Behavioral Health Clinic. She has also served as the Employee Assistance Program Coordinator for Clinical Associates of the Southern Tier. She is currently providing individual psychotherapy in private practice working with children, adolescents, and adults. She specializes in the integration of mindfulness with psychotherapy to treat issues such as anxiety, depression, eating disorders, and trauma. She has experience with providing training for school districts on the use of mindfulness with students and staff and has provided professional development training for a variety of businesses on improving employee health through mindfulness.

For all registrants:

Name: _____ Degree/License: _____

Agency/Location: _____ Job Title: _____

Email: _____ Phone #/ Extension: _____

For Credit Card Payment:

CC Number: _____ Exp: _____

CSC: _____ Billing Zip Code: _____

Training Hours: 3.0 CEU SW/MHC (CASAC Pending)

Cost: \$30 ECMC Employees
\$50 All others

Please register to receive CEU certificate.
No certificate will be provided to students or interns.

Date: October 4, 2019
Time: 12:30pm-3:30pm
Registration: 12:00pm
Location: Smith Auditorium, 3rd Floor
ECMC, 462 Grider St., Buffalo, NY 14215

Please arrive on time & attend the entire training for CEU certificate.
No partial credit can be awarded.

Questions or requests related to accessibility accommodations or resources can be directed to the contact below. We ask that requests be made as soon as possible, at least two weeks in advance, thank you.

**Registration Closes:
September 20, 2019**

Send registration & payment by email, fax or mail to:

The Adult, Child, & Family Clinic
Attn: Justin Higgins/Meghan Lynch
462 Grider St. Buffalo, NY 14215
Fax: (716) 898-3658

JHiggins1@ecmc.edu and
MLynch2@ecmc.edu

Additional information:

- Confirmation email will be sent following successful registration.
- Credit card payment preferred or check made payable to "ECMC Foundation".
- Please email us to arrange group payment.
- Refunds with more than 5 business day notice, credit toward future training if later.

Erie County Medical Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0075 and the State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0050, and New York State Office of Alcoholism and Substance Abuse Services (OASAS) Education and Training Provider Certification #817. Training under New York State OASAS Provider Certification is acceptable for meeting all or part of the CASAC, CPP, CPS education and training requirements.