

The Neuroscience of Mindfulness: Train Your Brain to Thrive, Not Just Survive

Friday, August 20, 2010 - 9:00 a.m. - 4:45 p.m. **EST (Registration at 8:30 a.m.)

6.0 Continuing Education Hours for LCSWs, LSWs, LMFTs, LMHCs, psychologists, and NAADAC; 3.0 CRU's available for educators

Location: NASW-IN Chapter Office, 1100 W. 42nd St., Krannert Hall, Indianapolis, IN 46208 **(Lunch is on your own)**

CONTENT: This workshop features practices that are scientifically proven to reduce stress, increase functional behavior, elevate mood, and enhance our physical, mental, and social well-being. The presenter, a member of the *Society for Neuroscience*, will teach you about the synthesis of ancient Eastern mindfulness practices and groundbreaking Western neuroscientific research. You will discover how those practices actually change the brain for the better – sometimes in as little as two weeks. Attendees will learn how the power of the focused mind can profoundly transform their lives.

OBJECTIVES:

- Know how mindfulness can relieve: stress, fear; panic and anxiety, depression, anger, physical pain, and other disorders.
- Have basic knowledge of recent neuroscience breakthroughs.
- Experience or observe mindfulness exercises.
- Be able to teach simple but effective mindfulness practices to clients.
- Have knowledge of empirical evidence that supports mindfulness practices.
- Know how to practice mindfulness to enhance your passion and ability to help others professionally and have a more balanced and rewarding personal life.



PRESENTER: *Jonathan Jordan, ACSW, LCSW, Certified Business Coach*, began his social work career in the Himalayan Kingdom where the Buddha was born. There he immersed himself in the culture and adopted mindfulness, meditation, and yoga practices. On returning to the West, he joined a spiritual community that incorporates Eastern-like mindful meditation practices with a focus on bringing well-being to all. In his social work practice, he blended Eastern and Western knowledge. Later he successfully applied his skills as an executive with Fortune 500 corporations and headed programs to enhance the performance of millions of employees around the globe. He is currently the president of a boutique business and personal development firm and a member of the *Society for Neuroscience*.

Early Bird Registration Fee On or Before: August 13, 2010

Fee: NASW Member: \$100.00 Non-NASW Member: \$145.00 NASW Retired Member: \$75.00

EASY WAYS TO REGISTER:

Online: www.naswin.org **Fax:** 317-925-9364 **E-Mail:** naswin@naswin.org **Phone:** 317-923-9878

Mail: NASW - Indiana Chapter, 1100 West 42nd Street, Suite 226, Indianapolis, IN 46208

Name _____ Email _____

Address _____

City _____ State _____ Zip _____

Phone: (H) _____ (W) _____ (Fax) _____

NASW Member? Yes No NASW I.D. # 8 8 _____

Please specify any ADA needs you have in attending this workshop: _____

ACCOMMODATIONS: If you require accommodations to permit your attendance or participation, please provide a written request with a completed registration form and conference payment at least 30 days prior to the registration deadline for the workshop. Requests received after this deadline may not be able to be processed or fulfilled in time for the activity.

____ Enclosed is my personal/agency check in the amount of: \$ _____ (Payable to NASW – Indiana Chapter, 1100 West 42nd Street, Suite 226, Indianapolis, IN 46208) for *The Neuroscience of Mindfulness*

____ Please charge my MasterCard Visa American Express Discover

Credit Card Number: _____ Expiration Date: _____ / _____ CSC #: _____

Signature _____ Date _____

WORKSHOP POLICIES: For registrations at the door, postmarked, e-mailed, faxed, or phoned in less than **ONE** week prior to workshops, a late registration fee of \$35.00 will be assessed. **CANCELLATIONS:** There is a \$35.00 processing fee for cancellations. **CONFIRMATION:** Registration confirmation and directions will be sent after the registration deadline via e-mail unless otherwise specifically requested. ****ALL WORKSHOPS ARE EASTERN STANDARD TIME (EST) – INDIANAPOLIS TIME.**