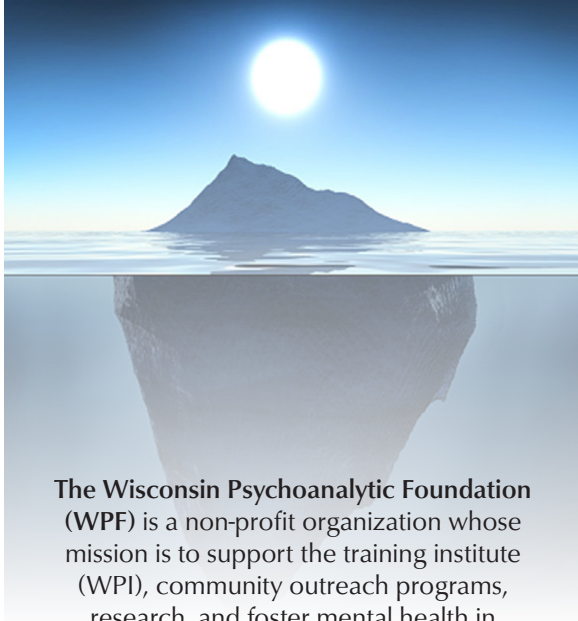


## Sponsored by



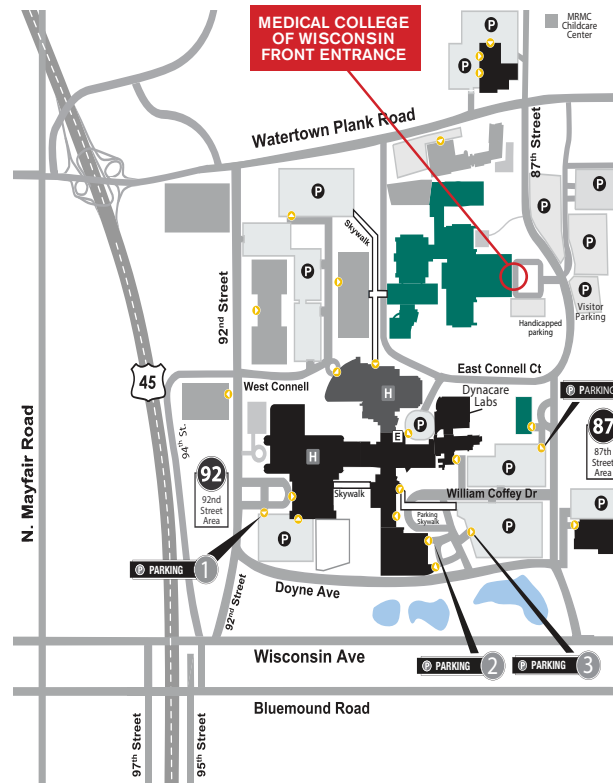
The Wisconsin Psychoanalytic Foundation (WPF) is a non-profit organization whose mission is to support the training institute (WPI), community outreach programs, research, and foster mental health in individuals, families, and our society.  
[www.wisconsinpsychoanalytic.org](http://www.wisconsinpsychoanalytic.org)

Medical College of Wisconsin Department of Psychiatry and Behavioral Medicine (MCW) is a dedicated community of compassionate, expert, inspired, professional clinicians, academicians, staff, and trainees committed to improving the lives of persons affected by psychiatric diseases, concurrent disorders, behavior-related illnesses, and social-environmental conditions impeding mental health.

Mindfulness Community of Milwaukee (MCM) has been supporting mindful practice, in various ways, for two decades. Mindful awareness leads to a happier life, more resilience, and a clearer understanding of the way the world works. People who undertake this task do better with the support of the community.

## Directions and Parking

Medical College of Wisconsin  
Alumni Center  
8701 Watertown Plank Road  
Milwaukee, WI 53226



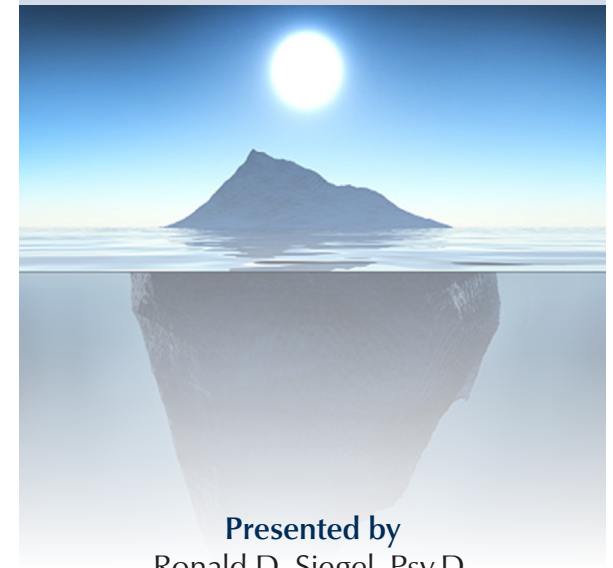
- Enter campus on 87th street from Watertown Plank Road and follow signs for “**Special Event Parking**”.
- Press speaker button at gate and refer to **Mindfulness Symposium**.
- Enter building at front entrance to Medical College of Wisconsin.

## Mindfulness Symposium

Harnessing Mindfulness:  
Fitting the Practice to the Person

Saturday, July 21, 2018

Medical College of Wisconsin  
Alumni Center  
8701 Watertown Plank Road  
Milwaukee, WI 53226



Presented by  
Ronald D. Siegel, Psy.D.

Sponsored by  
Wisconsin Psychoanalytic Foundation  
Medical College of Wisconsin -  
Department of Psychiatry  
and Behavioral Medicine  
Mindfulness Community of Milwaukee  
Earn 7 CME credit hours

## What is mindfulness?

Mindfulness is not a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. This workshop will explore seven important clinical decisions to consider when deciding when and if to introduce different practices into treatment of individuals with different needs, including those with unresolved trauma histories.



### Dr. Ronald D. Siegel

is an Assistant Professor of Psychology, part time, at Harvard Medical School, where he has taught for over 35 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty

of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy, 2nd Edition*; author of a comprehensive guide for general audiences, *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coeditor of *Wisdom and Compassion in Psychotherapy*; coauthor of the professional guide *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; coauthor of the self-treatment guide *Back Sense*, which integrates Western and Eastern approaches for treating chronic back pain; and professor for *The Science of Mindfulness: A Research-Based Path to Well-Being* produced by The Great Courses. He is also a regular contributor to other professional publications, and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy.

## Program

8:00am

Registration and Continental Breakfast

8:45am - 12:00pm

- Mindfulness: What Is It Really?
- How Mindfulness Works
- Fit the Practice To The Person

12:00pm - 1:30pm

Lunch with 30 minute eating meditation

1:30pm - 4:45pm

- Working with Depression: Entering the Dark Places Together
- Befriending Fear: Treating Anxiety Disorders
- Beyond Symptom Management: Resolving Stress-Related Disorders

## Learning Objectives:

- Describe the three core elements of mindfulness practice
- Identify common denominators in psychological difficulties
- Specify seven ways that mindfulness practices can be tailored to the needs of particular types of clients
- Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it
- Indicate the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice
- Specify the core dynamic of chronic pain and other psychophysiological disorders and how mindfulness practice can help in its relief

### Continuing Medical Education Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and Wisconsin Psychoanalytic Society. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 20 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

## Registration Details

(Continental Breakfast and Lunch included with fee)

### Early Registration Fees (available until May 1, 2018)

- General: \$185 CME:  Yes (add\$50)  No
- Residents/Students: \$55
- WPS member w/CMEs: \$185

### Registration Fees (after May 1, 2018)

- General: \$195 CME:  Yes (add\$50)  No
- Residents/Students: \$65
- WPS member w/CMEs: \$195

Total Amount: \_\_\_\_\_

Cancellation Policy: Requests must be in writing. Full refund before or on July 14, 2018. No refunds after July 14, 2018.

### Register By Mail

Send this panel and check to:  
Wisconsin Psychoanalytic Foundation  
P.O. Box 170412  
Milwaukee, WI 53217

Check payable to: **Wisconsin Psychoanalytic Foundation**

Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about this event?

WPF  MCW  MCM

Other: \_\_\_\_\_

For questions call 414-291-7036

### Lunch

Deli Lunch Buffet includes sliced smoked ham, roasted turkey breast, house roast beef, assorted sliced breads and rolls, assorted sliced cheese, lettuce, tomato, and onion. Includes fresh house-made chips, BLT pasta salad, Oriental cole slaw, and assorted cookies. Beverages served.

