



Washington State Society for Clinical Social Work

2009

CLINICAL EVENING MEETING

Working with PTSD: Mindfulness Based Treatment and Research



DATE

Wednesday, October 14th

TIME

Registration:
7:00pm- 7:30pm
Presentation:
7:30pm- 9:00pm

LOCATION

UW School of Social Work
Room #305
4101 15th Ave. NE
Seattle, WA

To Pre-Register

Mail Check to:
WSSCSW
PO Box 77264
Seattle, WA 98177

We're on the web!
www.wsscsw.org

The presentation will address the treatment of trauma with Mindfulness Based Treatment from several differing perspectives: Mindfulness Based Stress Reduction (MBSR); DBT and Exposure and Response Prevention; and Couples Therapy.

Learning Objectives

1. Learn research results on the effects of MBSR on vets with PTSD symptoms
2. Learn recent research being completed at the UW for the treatment of people with Borderline Personality Disorder and PTSD.
3. Learn mindfulness skills combined with behavior therapy to decrease dissociation and reactivity to flashbacks.
4. Applications of mindfulness in couples therapy with a trauma history.

Presenters: Cristina Mullen LICSW currently practices as a member of the Harborview DBT/brief psychotherapy out-patient clinic and maintains a half-time private practice on South Lake Union. She specializes with mood disorders and BPD combining mindfulness and CBT approaches with her clients. She also consults and offers clinical supervision.

Maureen Sawyer, LICSW. Has worked in a variety of Community Mental health settings but moved into private practice in Seattle in 1983. She has done extensive psychoanalytic course work at COR and is certified through Secure Beginnings in the high risk infancy program. She is a certified Gottman Marital therapist. She is currently in a couple therapy study group with Stan Tatkin from UCLA.

David J. Kearney, MD, is an Associate Professor in the Department of Medicine at the University of Washington, Gastroenterology Division, and the Gastroenterology Fellowship Program Director at the University of Washington School of Medicine. He works fulltime for the VA Directing the MBSR program and completing research on the effects of MBSR on PTSD and physical symptoms in Veterans.

- **Course Fee:** WSSCSW Members \$10
Students: Free with Student ID
Non-members: \$15
- **1.5 CEUs offered for lecture**

To Register: Clinical Evening Meetings are open to members, non-members and students. Pre-registration is recommended to assure a seat, send payment to pre-register. Registration is welcome at the door. We can only accept payment in cash or check. No credit. **Questions?** Contact Aimee Roos, admin@wsscsw.org or call 206-786-0534.

Location: UNIVERSITY OF WASHINGTON SCHOOL OF SOCIAL WORK
4101-15th Avenue N.E., Rm. #305 Seattle, WA 98105

Directions: The School of Social Work is on the corner of 41st and 15th Avenue N.E. in the University District, directly across the street from the Meany Parking Garage. Parking is readily available on the street, in the parking garage, or on street level parking lots.