

# MINDFUL PRESENCE IN PSYCHOTHERAPY™

## A 5-Week Training Seminar



This training seminar will teach you

How to practice mindful presence in the self of the therapist and  
How to work "in the experience of the present moment" in order to:

Cultivate curiosity;

Facilitate discovery;

Maintain a clear and safe relationship paradigm for empowerment,  
particularly for borderline-structured clients;

Develop and deepen a relationship between the adult client and the wounded  
younger parts of self;

Expand the client's awareness of their mindbody experience in all 6 aspects  
(cognition, behavior, affect, sensation, intention and energy); and

Process traumatic memories "from the groundedness of the present  
moment."

The experiential format will include lecture, demonstrations, guided meditations, reflective  
exercises, case discussion and role-plays.

**Mondays, 9:00 a.m. to 12:15 p.m.  
March 1, 8, 15, 22, and 29, 2010**

This training group, appropriate for all levels of experience, will be **limited to 10 people. You must register by February 8<sup>th</sup>. Call 770-220-4059.**

\$425 includes 15 CE's, materials, snacks, and certificate.

\$385 if you are currently in on-going supervision with Joanna.

*Application has been made to the Licensed Professional Counselors Association and the Georgia Society for Clinical Social Work for 15 Continuing Education Credits (including 5 Ethics hours).*



**Joanna Colrain, LPC, CGP**, has been in practice for 31 years, specializing in treatment of dissociative and attachment [borderline] disorders, clinical supervision, and the ethics of self-care. She was Clinical Supervisor and Trainer for the Survivor Support Program of Prevent Child Abuse Georgia for 13 years. She served as Clinical Director of Metropolitan Counseling Services for its first 5 years. Joanna has authored articles, manuals, and chapters on the treatment of trauma and on supervision. In 1998, she developed a course (24 CE hours) "The Art of Clinical Supervision: Facilitating a Discovery Process."<sup>TM</sup> She worked with the Center for Torture and Trauma Survivors and continues to provide consultation and volunteer services to agencies serving refugees and torture survivors. Joanna is a member of the Core International Facilitator Team for MaleSurvivor Weekends of Recovery (malesurvivor.org).

*Mindful Presence in Psychotherapy*<sup>TM</sup> was developed by Joanna Colrain and Jim Struve in 1998. It is a way of developing exquisite self-awareness in the therapist and using the present moment to deepen the client's awareness of experience.

# WORKSHOP REGISTRATION FORM

Please print this form & return to the postal address below. You must register by February 8<sup>th</sup>.

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

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

\_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone Contact Day: \_\_\_\_\_ Eve: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Degree/Licensure: \_\_\_\_\_ Number of Years of Clinical Practice: \_\_\_\_\_

Brief Description of Current Work Setting: \_\_\_\_\_

\_\_\_\_\_

Please register me for: **MINDFUL PRESENCE IN PSYCHOTHERAPY™**  
**A 5-Week Training Seminar**

**We will meet Mondays, 9:00 a.m. to 12:15 p.m., March 1, 8, 15, 22, and 29, 2010**

All sessions will be held at Joanna's office in downtown Decatur.

**This training group is limited to 10 people and will be filled in the order registrations are received.**

Application has been made to the LPCA and the GSCSW for 15 Core hours (including 5 Ethics hours).

If you already have your Ethics hours, remember that Ethics also counts as core hours, so you can use this as core hours.

The fee for the five sessions is:

\_\_\_\_\_ **\$425** includes 15 CE's, materials, snacks, and certificate

\_\_\_\_\_ **\$385** if you are currently in on-going supervision with Joanna.

I have enclosed a check (payable to **Joanna Colrain, LPC**) for \$\_\_\_\_\_.

Please call **770-220-4059** if you have any questions.

**Return this completed registration form by February 8<sup>th</sup> with check and mail to:**

**Joanna Colrain, LPC  
150 E. Ponce de Leon Ave.  
Suite 350  
Decatur GA 30030**

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Received \_\_\_\_\_/10 Check # \_\_\_\_\_ Confirmed \_\_\_\_\_/10