



# Join us!

at the

## Center for Contemplative Studies



### Saturday Seminar

# Applying Mindfulness in Individual Psychotherapy

October 29, 2022 • 10:00 am – 12:00 pm • Delivered via Zoom



**Christine Moriconi** is a retired professor from the West Chester University nursing department and former co-director of the Center for Contemplative Studies. She is a clinical psychologist and psychiatric nurse practitioner with long experience in practice with individuals, families, and groups, and has applied mindfulness practices in all these situations. Mindfulness in relationship is the centerpiece of all her work.

Attention has been on mindfulness interventions delivered in groups. However, mindfulness is often integrated into individual psychotherapy, sometimes with specific practices, and significantly, as a way of being together that is central to the therapeutic process.

In this seminar, Dr. Moriconi will present applications of mindfulness in Cognitive-Behavioral and Humanistic approaches, using case examples. On a theoretical level we will consider the intersection of relational psychotherapy and the presence generated in patient and therapist through mindfulness.

Together, we will explore the practice of Authentic Listening, speaking from our hearts and cultivating compassion for self and other.

Participants are encouraged to bring their own clinical examples and questions to enhance this discussion of applied mindfulness in individual situations.

This Program is Offered Free of Charge.