

Maximizing Mindfulness[®]

4-hour On Demand Course with Annie McCall, MA, LMHC

Course Description

Core Mindfulness skills are essential to all things DBT, but many therapists and skills trainers struggle to find meaningful and interesting ways to integrate mindfulness practice into their work with clients. People can find mindfulness boring, or difficult to relate to real life, and clinicians can feel daunted by the requirement of teaching the same mindfulness skills repeatedly. Drawing from our experiences across out-patient, in-patient, residential, day treatment, and forensics settings, we have collected and developed innovative approaches to maximizing mindfulness practice across treatment modes and settings. In 2 highly interactive 2-hour sessions, we will share creative mindfulness tips and tricks as well as helping participants learn to use DBT principles to develop new mindfulness practices.

This course is designed for skills trainers, individual therapists, and milieu staff who: 1) want to increase their understanding of the links between mindfulness and Life Worth Living Goals; 2) want to improve their development and delivery of mindfulness skills across treatment modes; 3) want to expand their use of mindfulness to treat therapy-interfering behavior.

Topics for the Course Include

Week 1:

- Why do mindfulness
 - Benefits of mindfulness
 - Problems with mindlessness
- When do we do mindfulness in DBT
- Choosing mindfulness practices strategically
- Leading mindfulness practice
- Debriefing mindfulness practice
- Assigning mindfulness as homework
- Developing new mindfulness practices

Week 1 Homework: Create instructions for a new mindfulness practice and try it out (on team, in group, with a colleague or client)

Week 2:

- Integrating mindfulness into programming (milieu settings, schools)
- Using mindfulness to treat group TIB
- Using mindfulness to treat in-session dysfunctional behavior
- Your own mindfulness practice

Course Objectives

Following this online course, participants will be able to:

1. Develop new mindfulness practices based on DBT Mindfulness skills
2. Provide corrective feedback of in-session mindfulness practices
3. Create mindfulness practices that balance active participation and quiet observing
4. Link mindfulness practices to Life Worth Living Goals
5. Treat therapy interfering behaviors in skills group using DBT principles
6. Create milieu programming that integrates mindfulness practices

About the Instructor

Annie McCall began practicing DBT as a skills trainer in community mental health in 2003. She spent several years at the Behavioral Research and Therapy Clinics as a research therapist and skills co-leader on Marsha Linehan's team. In her private practice, Annie co-founded Youth and Family DBT in Seattle, and provided individual DBT therapy to adults and adolescents, as well as leading multi-family DBT skills groups and parent coaching workshops.

Annie has been teaching DBT in professional settings since 2009, and has had the opportunity to consult with providers across the spectrum of treatment contexts: outpatient, inpatient, residential, forensic, day treatment, and schools. Annie's experiences as a high school teacher give her a unique perspective in the mental health field, particularly in coaching skills trainers how to manage group behavior and bring skills to life.

Annie is also a certified provider and supervisor of Prolonged Exposure treatment. She participated as a therapist in the development of DBT-PE, and has provided training with treatment developer Melanie Harned, PhD.

Annie is a DBT- Linehan Board of Certification, Certified DBT Clinician, and volunteers for the certification board scoring work samples.

Registration & Tuition

Individuals: \$50 per person (USD)

Register online at <https://www.ticllc.org/registration.html>.

Payment options: Credit card, PayPal or check (you do not need to have a PayPal account to pay online, just choose "guest checkout").

Checks payable to: Treatment Implementation Collaborative
Mail checks to: Treatment Implementation Collaborative, 6327 46th Avenue SW, Seattle, WA 98136

If you have questions about registering for this course or about using WebEx, please contact Cindy Best at cbest@ticllc.org.

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If you have questions about this or other training opportunities or would like to have TIC come on site for training or consultation, please contact Helen Best at hbest@ticllc.org or (206) 251-5134.

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