

GREAT OAK COUNSELING CONTINUING EDUCATION SERIES

Invites Mental Health Professionals to join us for a Continuing Education Training on

Mindfulness in the Practice of Trauma Informed Care

PRESENTER: Sheri Rezak-Irons, LCSW, EMDRIA Consultant, EMDR Institute Facilitator, EMDR TR HAP Facilitator and Consultant

Sheri Rezak-Irons is an LCSW with over 25 years of experience, Sheri provides psychotherapy services to clients in her private practice and is active in facilitating EMDR training and provides consultation for EMDR certification.

Sheri believes in balancing the mind and the body to assist clients in stress relief and healing. As part of her EMDR practice, Sheri uses mindfulness media which allows clients to continue working on stress, anxiety and pain relief at home.

This program will assist counselors in addressing the definition of trauma and mindfulness and discussing best practices for taking comprehensive trauma histories. Specific skills and tools for coping will be discussed and examples of their application will be presented to enhance preparing clients emotionally for trauma informed work.

The learning objectives for attendees are to:

- Define trauma and mindfulness, as well as develop skill to perform more thorough trauma history.
- Identify the impact of both trauma and mindfulness on overall brain and cognitive function
- Learn and practice mindfulness exercises to prepare clients for trauma work using EMDR or other trauma informed treatment modalities.
- Learn and practice mindfulness strategies to help create mindfulness focused sessions.

August 18, 2018, 9 am - 1:00 pm

Register online at
GreatOakCounseling.com

4 NBCC CE will be provided for
completion of the program



**GREAT OAK
COUNSELING**

**For questions, please contact us or
visit our website to register online.**

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