

# COUN7621 : Mindfulness Approaches and Practices in Counseling

In clinical settings, mindfulness is being used in the treatment of stress, anger, addiction, anxiety, depression, eating disorders, PTSD, OCD, ADHD, bipolar disorder, personality disorders, and psychosis. Mindfulness is a foundational component of many modern therapeutic approaches (i.e., ACT, DBT, MBCT, CFT, IFS, and Sensorimotor Psychotherapy) and is being integrated into traditional therapies (i.e., Gestalt, Person-Centered, and CBT). However, without training, counselors may inadvertently harm clients through the misuse of this valuable approach. Participants will emerge from the course with increased knowledge about the application of mindfulness in counseling, improved confidence in leading and teaching mindfulness to others, and the necessary component of personal practice. The course is designed around these three elements: theoretical understanding, embodied mindfulness, and clinical application. **Fee:** Additional fee required.

**Credits** 2

**Fees**

\$50