



CLINICAL CAFE

PRESENTED BY THE  KidsPeace® Institute
Promoting Educational Excellence in Behavioral Health Care



Mindfulness and RAIN

Wednesday, June 5, 2019

This training is highly experiential and will explore how Mindfulness and meditation (introducing RAIN structure) can serve helping professionals not only in their personal lives but also in their professional ones. When we take care of ourselves, we can better take care of others. *Participants are welcome to bring yoga mats, but not necessary for training.*

Deb Romberger, PhD, LPC – Dr. Deb is a Qualified Mindfulness-based Stress Reduction instructor and Clinical Psychologist practicing in the area. She has taught mindfulness and MBSR in private practice as well as multiple local agencies. Currently, Dr. Deb partners with South Whitehall Township Parks and Recreation to bring Mindfulness to the area both in the classroom and in local parks in the summer.



8am-9am: Registration and continental breakfast

9am-12pm: Presentation **please be on time**

KidsPeace Donley Therapeutic Education Center - GYM

5300 KidsPeace Dr. Orefield, PA 18069

Training is free- continuing education credits are available

NASW-PA Chapter is a co-sponsor of this workshop.

▪ **3 CEs** will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers (Section 47.36), Marriage and Family Therapists (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

FEE: \$45 NASW-PA Members/ \$60 non-members
(payable check or cash- no credit cards accepted)

- **3 CEs PSNA for Nursing**
- **Act 48 Credits for Educators**

Register by emailing: pacourseregistration@kidspeace.org

Deadline for registration Friday, April 26, 2019

Event Details