

SGVPA Mindfulness Group : Clinical Applications Of Mindfulness

Dan Rubin, Psy.D.

Mindfulness describes a present oriented, non-judgmental, non-reactive, and open-hearted style of paying attention. It is the opposite of mindlessness, when one's mind is lost and adrift in fantasies about the future, ruminations about the past, or bewilderment that muddies the waters of the moment. Mindfulness is attending to what is, bearing witness without judgment or manipulation. It is very simple, so naturally it is quite difficult to do. It seems to be difficult because we usually want to do something, to increase experience we like, decrease what we don't like, or ignore what we don't know what to do with. If each moment is like a bite to eat, mindfulness offers a way to set down the salt and pepper and directly taste what is there.

The clinical applications of mindfulness can be divided into three categories. One is mindfulness practice as clinical training to develop skills including the ability to focus and sustain attention, empathy, affect tolerance, working with uncertainty, stress reduction, and countertransference management. The second is mindfulness-informed involves utilizing mindfulness and Buddhist thought in case conceptualization and clinical theory. The third application is mindfulness-based interventions, teaching clients mindfulness skills, and includes Mindfulness-Based-Stress-Reduction (MBSR), Dialectical Behavioral Therapy (DBT), and Mindfulness-based Cognitive Behavioral Therapy (MBCT).

Please join us for the first meeting of the SGVPA Mindfulness Group. We will discuss the clinical applications of mindfulness, review relevant literature and empirical research, ethical issues, and most importantly, learn and practice mindfulness techniques. Mindfulness is primarily experiential and relational, so the emphasis of the group will be on practice and reflecting together on our experiences of practicing mindfulness. We will get to know mindfulness and its clinical applications from the inside-out. I very much look forward to seeing you there.

**Saturday, March 29, 2008
10:00 – 11:00 am**

**Dr. Suzanne Lake's office
2810 E. Del Mar Boulevard, Suite 10A
Pasadena, California 91107**

Dan Rubin, Psy.D. has studied and practiced mindfulness meditation for over 13 years. Dr. Rubin has trained in Soto Zen Buddhism, Mindfulness-Based-Stress-Reduction, and Shambhala Buddhism. He is a post-doctoral psychologist with the Rose City Center and can be contacted at 323-240-5620 or drdanrubinpsyd@gmail.com.