



MCA Annual Conference

Courageous Conversations: Diversity and Inclusion, Embassy Suites at BWI Airport

Professional Development Institute: Wednesday, Nov 1, 2 – 5 PM

Being Fully Alive: Active Mindfulness Techniques for Counselors



Introducing Active Mindfulness as a tool that counselors can use to help clients realize a meaningful future by returning to the place where they have been most fully alive. The techniques presented are effective tools for general counseling, but are especially effective when used with clients who are dissatisfied with their current occupation, and/or family life.

Participants will learn, do, and reflect throughout the program. Participants will:

1. Differentiate between meditation and mindfulness
2. Learn the difference between passive and active mindfulness, focusing on active mindfulness
3. Practice a brief active mindfulness exercise
4. Understand that active mindfulness activities heighten awareness and as such are a spiritual but not religious activity
5. Define spirituality both functionally and substantively
6. Recognize that spirituality is a personal search for the sacred...that which makes one feel most fully in touch one's true self.
7. Participate in a guided imagery exercise leading to the place where they are/ were/ think they will feel most alive. (It may take place at work, learning, leisure or in family. or some combination thereof.)
8. Reflect on the experience.
9. Design a personal road map highlighting the thoughts, feelings, intentions and behaviors that one will encounter on the mental trip to the most alive (sacred place)
10. Realize the way to a meaningful future.

Lee J. Richmond, PhD, Professor Emerita, Loyola University Maryland and Principal, Psycoun Consultants, LLC, is a licensed psychologist in the State of Maryland. Her books include co-editor of *Connections Between Spirit and Work*, co-author of *Soulwork: How to Find the Work You Love: How to Love the Work You Have*, and *What Brings You to Life?: Awakening Women's Spiritual Essence*.



	Before Oct 1	Oct 2 & After
Professional Member	\$75	\$85
Professional Non-Member	\$85	\$95
Student/Retired Member	\$40	\$45
Student/Retired Non-Member	\$45	\$50

Mail-in Registration Form

Name:		Pay by: <input type="checkbox"/> Check <input type="checkbox"/> Credit Card
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Organization:		Acct #:
MCA Professional Development Institute	Amt Paid:	Expr Date: _____ CSV: _____

Mail to: Maryland Counseling Association, c/o LaNail Plummer, Treasurer, P.O. Box 6315, Largo, MD 20792

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