



# THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

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## **MINDFULNESS: A TOOL FOR PREVENTION, TREATMENT & RECOVERY BASED SERVICES**

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**with Joanne McKenna, ANP, MA, HNC**

1 HOUR WEBINAR TRAINING

**PRESENTATION:** This one-day workshop will include a discussion of the broad benefits and application of Mindfulness across the continuum of care for Substance Use Disorders beginning with prevention and including recovery and relapse prevention. The participants will have the opportunity to experience Sitting, Walking, Eating, Body Scan and Loving Kindness Meditation. A guide for use in practice will be provided as well as resources for deepening practice. Participants are encouraged to wear comfortable clothing and shoes for both inside and outside practice. As a result of attending this training participants will be able to:

1. Identify how Mindfulness could be beneficial when applied across the continuum of care
2. Describe current research
3. Experience each of 5 practices of Mindfulness
4. Be familiar with resources for continued practice
5. Apply knowledge across the continuum of substance use disorders

**PRESENTER:** Joanne McKenna ANP, MA, HNC is a Nurse Practitioner retiring from 40 years of practice, 30 of which specialized in Addictive and Co-Occurring Disorders. In addition, she taught Psychopharmacology for the ACE program in MA., is an instructor of Mindfulness-Based-Stress Reduction, is Certified by the Neuroscience Educational Institute in Psychopharmacology., and currently offers a course on-line on the Basis and Treatment of Depression as part of a series with McKenna Recovery Associates.

**Fee:** \*NHADACA Members: Free \*Non-Members \$15

For registration information contact: 603-225-7060, [training@nhadaca.com](mailto:training@nhadaca.com)

### **1 Contact Hours Available**

**Certified Prevention Specialist Domain(s): 6**

**LADC/MLADC Categories of Competence: 6, 7, 15, 18**

**CRSW Performance Domain(s): 4**



**NBCC: LICSW/L-MFT/LCMHC (Category 1) & Psychologist Category A**

*(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified.*

*NHADACA is solely responsible for all aspects of the program).*

Schedule

**On Demand**