



## **Mindfulness Meditation and Mindfulness-Based Interventions For The Treatment of Drug and Alcohol Use Disorders**

with  
**Michael Gawrysiak, Ph.D.**

***Business & Public Management Center  
Room 116  
50 Sharpless Street  
West Chester, PA 19383***

***July 12, 2018  
9:00 A.M. – 12:00 P.M.***

### **Description**

Dr. Gawrysiak will provide an overview of mindfulness and meditation, which will include audience participation. In addition to the general benefits of mindfulness, Dr. Gawrysiak will discuss implications for the treatment of addictions. He will present on two mindfulness based interventions and share preliminary data demonstrating the efficacy of mindfulness for the treatment of addictions.

### **This workshop is designed to help participants:**

- Summarize basic concepts of mindfulness and mindfulness meditations;
- Observe and participate in demonstrations of mindfulness meditation exercises;
- Compare the utility of two mindfulness-based interventions for substance use disorders;
- Recognize important features of addiction and related comorbidities.

**Cost: \$30**

***Please register online at:***

***<https://wcu-community-mental-health-services.ticketleap.com/mindfulness-and-substance-use-disorders/>  
or call 610-436-2510***

### **Schedule:**

8:30 A.M.-9:00 A.M.	Registration
9:00 A.M.-12:00 P.M.	Presentation

**Dr. Michael Gawrysiak** is Assistant Professor in the Department of Psychology at West Chester University of Pennsylvania, Affiliated Assistant Professor in the Department of Psychological and Brain Sciences at the University of Delaware, and an Instructor in Psychology in the Department of Psychiatry at the University Of Pennsylvania Perelman School Of Medicine. Dr. Gawrysiak has received training in and provides therapy utilizing Behavioral Activation Treatment for Depression, Prolonged Exposure, Mindfulness-Based Relapse Prevention, Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy for Depression. Dr. Gawrysiak has conducted research on Mindfulness and its usefulness in treating addictions and depression. He is frequently invited to speak about Mindfulness research and practice.

**Target audience:**

Psychologists, Licensed Professional Counselors, Licensed Clinical Social Workers, Advance Practice Nurses, and Psychiatrists.

Three (3.0) CE credits will be awarded to participants who attend the entire program. Partial credit will not be awarded. WCU Community Mental Health Services is approved by the American Psychological Association to sponsor continuing education for psychologists.

The West Chester University, College of Health Sciences, designates this education activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

West Chester University has been designated as a pre-approved provider of professional continuing education (Section 47.36 (a)(1) ) for LSW and LCSW social workers, (Section 48.36(a)(1)) for LMFT, Licensed Marriage & Family Therapists, and (Section 49.23(a)(1) for LPC, Licensed Professional Counselors by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

WCU Community Mental Health Services maintains responsibility for this program and its content.

No conflict of interest has been identified. WCU Community Mental Health Services has received no commercial support for this program.