



MINDFULNESS & PSYCHOTHERAPY

August 17 - October 5, 2018 • \$650

The first and last classes are from 10:00am-1:00pm

The other six classes are from 10:00am-12:30pm

Atlanta Center for Wellness

Retreat 10:00am-4:00pm on Sunday, Sept. 28th

Hard Labor Creek State Park, Rutledge, GA

Learn the practice and application of mindfulness for psychotherapists and other health care providers in this eight-week program sponsored by the Atlanta Mindfulness Institute and the Anxiety & Stress Management Institute.

The following professionals are eligible for 20 continuing education credits (CEUs):

Psychologists

Licensed Professional Counselors (LPC)

Licensed Marriage & Family Therapists (LMFT)

Licensed Social Workers (LCSW & LMSW)

This eight-week course offers intensive training in mindfulness meditation, gentle yoga, and mindful communication. You will discover how mindfulness can reduce stress, alleviate a range of mental and physical health problems, and increase joy and kindness.

Deepen your mindfulness practice to provide better care for your patients. When you are mindful, you are more present in your work, more compassionate with patients, and more open and aware.

For more information, please contact Helen Vantine at 404-357-0078 or info@atlantamindfulness.com



HELEN VANTINE, PH.D.



**STEPHANIE SWANN
Ph.D., LCSW**

Stephanie Swann, Ph.D., LCSW and Helen Barnes Vantine, Ph.D. are two of only three certified MBSR instructors in Georgia. Dr. Vantine founded the Atlanta Mindfulness Institute in 2008. Dr. Swann joined and became a partner shortly thereafter, upon completing 12 years as a faculty member at UGA. Dr. Vantine is also trained in Mindfulness-Based Cognitive Therapy and in Mindful Self-Compassion. She is a member of the University of California San Diego staff mentoring MBSR students. Both Dr. Swann and Dr. Vantine teach, supervise and consult on Mindfulness skills. Dr. Swann maintains a private psychotherapy and consultation practice in Decatur.

Helen Vantine (404) 357-0078
Stephanie Swann (404) 906-1862 or
info@atlantamindfulness.com



6100 LAKE FORREST DRIVE, STE. 450
ATLANTA, GA 30328
FAX (404) 549-9316
ATLANTACENTERFORWELLNESS.COM