

Cultivating Presence for Therapists

Learn meditative tools to listen
with greater presence, caring, and awareness



Friday, March 22, 2019, 10:00 AM to 1:00 PM

No prior experience with meditation needed

Registration required – Space is limited

\$50 to \$70 sliding scale

To register email shana.l.klinger@gmail.com or call 401-258-3056

Workshop leader: Shana Lieberman Klinger, M.A. Psychology

Host: Sonia Gomes, LICSW

Pawtucket/Providence East Side Line Location

This experiential workshop introduces three foundational meditation-based practices – concentration, mindfulness, and loving kindness/compassion – to help therapists become present with greater calmness, kindness, and clarity.*

Participants will receive instruction and practice in applying the meditation-based techniques to listening with greater presence in the therapeutic relationship. Benefits include:

- ✓ creating a safe and caring container for clients;
- ✓ enhancing attunement;
- ✓ tracking and counteracting one's own reactivity;

The format will include facilitated practice in dyads, didactic instruction, group feedback and Q&A. Emphasis is on personal awareness, presence, and self-regulation while listening.

Participants will agree to confidentiality regarding personal or client-related material discussed.

Instructor: Shana Lieberman Klinger, M.A. Psychology, brings more than 40 years of experience in integrating meditative techniques and psychology to her classes, workshops, and one-to-one consultation. She is authorized by Dza Kilung Rinpoche to give instruction in the seven meditations from the meditation manual, [The Relaxed Mind](#). To learn more visit heartmindspace.com

**Therapists: social workers, mental health workers, chemical dependency counselors, psychologists, psychiatrists, psychiatric nurses, pastoral counselors*