

2020-2021 Rovinsky Family Lectureship Series



Mindful Meditation: An Introduction, Research, and Planning Guide

Thursday, May 13, 2021: 6:00-8:00pm: LIVE WEBINAR

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During this presentation, participants will be introduced to mindful meditation, the research supporting mindfulness with various groups and criticism of mindful meditation. Additionally, participants will learn how to create a 6-week mindful meditation group. Concepts will be explicated through lecture, discussion, and experiential exercises. The presentation will also provide in-depth examples and research on the application of mindfulness meditations to benefit people in recovery. Participants will leave the presentation with numerous ideas for different types of mindfulness meditation groups appropriate for a variety of practice settings.

EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Design a mindfulness group using activities they learned about and engaged in during this presentation
- Identify at least three mindfulness resources for clients and clinicians, and evaluate for which clients these resources would be appropriate
- Describe mindfulness to people in recovery
- Describe mindfulness to people in recovery and of various SES and racial backgrounds

SUGGESTED READINGS

Baker, A. K., & Garland, E. L. (2019). Autonomic and effective mediators of the relationship between mindfulness and opioid craving among chronic pain patients. *Experimental and Clinical Psychopharmacology*, 27(1), 55-63. <https://doi.org/10.1037/pha0000225>

Bell, T. P. (2015). Meditative practice cultivates mindfulness and reduces anxiety, depression, blood pressure, and heart rate in a diverse sample. *Journal of Cognitive Psychotherapy*, 29(4), 343-355.

Conner, C. M., White, S. W., Beck, K. B., Golt, J., Smith, I. C., &

Mazefsky, C. A. (2019). Improving emotion regulation ability in autism: The Emotional Awareness and Skills Enhancement (EASE) program. *Autism: The International Journal of Research & Practice*, 23(5), 1273-1287.

Davis, D. M., & Hayes, J. A. (2012, July). What are the benefits of mindfulness? *Monitor on Psychology*, 43(7).

<http://www.apa.org/monitor/2012/07-08/ce-corner>

Goodwin, B. (2015). Promising, but incomplete, results for mindfulness. *Educational Leadership*, 73(2), 78-79.

Hedman-Lagerlöf, M., Hedman-Lagerlöf, E., & Öst, L. (2018).

The empirical support for mindfulness-based interventions for common psychiatric disorders: A systematic review and meta-analysis. *Psychological Medicine*, 48(13), 2116-2129.

<https://doi.org/10.1017/S0033291718000259>

Ives-Deliperi, V. L., Howells, F., Stein, D. J., et al. (2013). The effects of mindfulness-based cognitive therapy in patients with bipolar disorder: a controlled functional MRI investigation. *Journal of Affective Disorders*, 150(3), 1152-1157.

DOI: [10.1016/j.jad.2013.05.074](https://doi.org/10.1016/j.jad.2013.05.074)

Johnson, S. B., Goodnight, B. L., Zhang, H., Daboin, I., Patterson, B., & Kaslow, N. J. (2018). Compassion-based Meditation in African Americans: Self-Criticism Mediates Changes in Depression. *Suicide & Life-Threatening Behavior*, 48(2), 160-168.

Lomas, T., Cartwright, T., Edginton, T., & Ridge, D. (2015). A qualitative analysis of experiential challenges associated with meditation practice. *Mindfulness*, 6, 848-860. doi: 10.1007/s12671-014-0329-8

Positive Psychology. (2017). Mindfulness. Retrieved from <https://positivepsychology.com/category/mindfulness/>.

Woods-Giscombé, C. L., & Gaylord, S. A. (2014). The Cultural relevance of Mindfulness Meditation as a health intervention for African Americans. *Journal of Holistic Nursing*, 32(1), 147-160.

ABOUT THE PRESENTER

Lisa Corbin, PhD, LPC, NCC has worked in higher education for over 22 years. She has a BA in Psychology and a BA in Sociology from SUNY Oneonta. She also has a master's degree in Educational Administration with a concentration in Higher Education from the University at Albany and a Master's degree in Clinical Mental Health Counseling from Walden University. She recently earned her PhD in Counselor Education and Supervision (CACREP accredited) from Walden University in 2021. Lisa currently serves as the Director of Counseling programs at PCOM where she taught for two years. Lisa was as an adjunct professor for over 13 years as well as served in

various student affairs roles at different institutions. She currently provides therapeutic services to people in recovery at an inpatient facility in Northeast Philadelphia. Her specialties are trauma, grief, and mindfulness. Lisa also completed a doctoral internship at the Network of Victims Assistance (NOVA) in which she served as a state certified rape crisis counselor. Lisa has presented both locally and nationally on mindfulness including on how to use mindfulness with people in recovery, how mindfulness meditations help victims of trauma become survivors, and how mindfulness can be a coping skill for people who are grieving a traumatic loss.

Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals
Level of Instruction: Intermediate
Number of CE Credits Offered: 2 Credits
Cost: \$30

CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



Psychologists: Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



Certified Counselors: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

Licensed Social Workers: Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

Refund/Cancellation Policy: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at katiega@pcom.edu.

