

*The Desert Mountain SELPA Children's Center
presents*

Therapy from the Inside Out Mindsight and Well-Being: A New Science of Mental Health Daniel J. Siegel, Presenter

Date/Time: February 16, 2010

8:00 a.m. - 8:30 a.m. Registration & Refreshments
8:30 a.m. - 1:00 p.m. Training

Location: Desert Mountain Educational Service Center, 17800 Highway 18, Apple Valley, Ca 92307

Cost: The cost of the training is \$75.00 per person. Five Continuing Education Units will be offered for \$20.00 to be paid at the door. CEU's are approved by the California Board of Behavioral Science Examiners, California Psychological Association Accrediting Agency and California Registered Nurses Association.

Audience: Social Workers, M.F.T.'s, Psychologists, School Psychologists, Teachers, Pre-School Teachers, and Administrators, Nurses, Medical Doctors.

Content: In this workshop we'll be exploring how to use new views of science to define the mind and mental well-being. We'll then develop a comprehensive model of the mind, brain, and human relationships and how we can use the power of attention to move lives from rigidity or chaos to a more harmonious way of living. Within this view is the concept that integration--the linkage of different aspects of a system such as a family, relationship, or brain--can be used to develop new strategies to cultivate well-being.

Presenter Bio: Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA. He served as a National Institute of Mental Health Research Fellow and is an award-winning educator practicing psychiatry for over twenty-five years. He is on the faculty of the UCLA Center for Culture, Brain, and Development and the Co-Director of the Mindful Awareness Research Center. He also serves as the Executive Director of the Mindsight Institute, an educational organization that focuses on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes. Dr. Siegel's developmental approach has led him to be invited to local, national and international organizations to address groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy, and neuroscientists.

Dr. Siegel is the author of the internationally acclaimed academic text, *The Developing Mind* (Guiford, 1999), and is the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology. His book (with Mary Hartzell, M.Ed.), *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (Tarcher/Penguin, 2003) reveals the applications of this newly emerging view of the mind, the brain, and human relationships for a parenting audience. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton, 2007), is a professionally-gearred text exploring the nature of mindful awareness as a process that harnesses the social circuitry of the brain as it promotes mental, physiologic, and relational health. His first work for a general audience is *Mindsight* (Bantam/Random House, 2009), a synthesis of science and story that provides a readily accessible exploration of the practical steps to apply the power of the mind to integrate the brain and promote well-being in everyday life.

TO REGISTER:

- Please register online at <http://ci.sbcss.k12.ca.us/events>.
- **Send a copy of your OMS registration receipt with your payment** to the Desert Mountain SELPA Children's Center, Attn: Rena Robles, 17800 Highway 18, Apple Valley, CA 92307.
- Please make checks or purchase orders payable to SBCSS.
- **The registration deadline is February 9, 2010.** (*Refunds will not be provided for no shows or cancellations after the registration deadline.*)

For additional registration information, please call Rena Robles at (760) 242-6336, ext. 404.

*Individuals who require special accommodations for disabilities are requested to contact
Rena Robles at (760) 242-6336, ext. 404 at least 15 working days prior to the event.*

Desert/Mountain SELPA * 17800 Highway 18 * Apple Valley, CA 92307 * (760) 242-6336 * FAX (760) 946-0819
Jenae Tucker, M.F.T., Director
Ronald J. Powell, Ph.D., Administrator
Check out our website - <http://dmselpa.org>