

Mindfulness

for Physical and Occupational Therapists

with Carolyn McManus, PT, MS, MA

To be mindful means to be skillfully aware in the present moment. This skillful attention is essential to personal wellness and quality patient care. In addition, principles of mindfulness offer patients constructive responses to adverse circumstances. This course introduces you to mindfulness and offers you practical strategies that promote self-care and enhance your patient care. You will also learn mindful practices appropriate for patient treatment.

At the end of this course, participants will be able to:

1. Define mindful awareness and discuss its application to provider self-care.
2. Demonstrate mindful body scan, mindful sitting, mindful walking and mindful movement practices.
3. Integrate informal mindfulness practices into a work day.
4. Discuss evidence-based applications of mindfulness training to specific patient populations.

This course offers 6 CEUs for Wash. State PTs and OTs.

"Mindfulness helps me stay calm during my work day and makes my care more patient-centered. I have always loved being a physical therapist. Since learning to be mindful, my work is even more enjoyable."

– Lori Predmore, PT

Date: Saturday May 8, 2010

Time: 8:30 am – 4 pm

Location: Workshop Space of Meg Kane, PT:
22010 Redmond-Fall City Road, Redmond, WA

Cost: \$115.00 (Lunch provided)

Carolyn McManus holds Master's degrees in physical therapy and psychology. She has practiced mindfulness meditation since 1984. Carolyn has taught Mindfulness Based Stress Reduction at Swedish Medical Center in Seattle since 1998 and this year began teaching Loving Kindness Meditation at the VA Puget Sound Medical Center.



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To register:

Please print and complete this form. Enclose with a check payable to Carolyn McManus, PT and mail to:

Carolyn McManus, PT
SMC Rehab Services
1101 Madison #200
Seattle, WA 98104

Cost: \$115.00

Lunch provided: Indicate sandwich preference:

- Turkey
 Roast beef
 Vegetarian

Name _____

Address _____

City _____ State _____ Zip _____

Email address _____

Phone _____

"Mindfulness helps me stay inwardly calm and stable as I talk with my patients, assess information, and make treatment decisions." – Stephanie Greene, PT