

# Rock Steady: Cultivating Mindfulness as a Resource to Foster Resilience and Thriving

Event #73824km

Thursday, October 10, 2024

Registration: 8:30am

Program: 9:00am- 3:00pm

Thomas G. Crowder Woodland Center  
5611 Jaguar Park Dr.  
Raleigh, NC 27606

**WAKE AHEC**  
PART OF NC AHEC

**RECRUIT  
TRAIN  
RETAIN**

**Program Description:** This experiential workshop offers a unique integration of conceptual learning about mindfulness with an emphasis on experiential practice in the facilitative environment of nature. The training will focus on how mental health professionals can use mindfulness to foster resilience in the face of adversity and challenges as well as facilitating wellness and thriving. Mindfulness offers specific techniques for enhancing self-awareness, attentional control, and nonjudgmental stance, while also cultivating qualities of acceptance, cognitive diffusion, nonreactivity, and compassion. We will discuss these concepts and how they support emotion regulation and scaffold wisdom. We will discuss how mindfulness allows us to identify habitual patterns, evaluate whether these patterns are adaptive or maladaptive, and recognize choice points in their daily lives for decisions that can be informed by self-awareness, values, and wisdom. We will also explore how mindfulness can be protective against burnout and secondary traumatic stress.

We will incorporate experiential practice throughout the day, providing an integration of training and retreat components. We will integrate both sitting practice and movement-based practices (e.g., walking meditation). Mindfulness practices will be followed by guided inquiry to facilitate consolidation and generalization. No prior knowledge of mindfulness is required.

*Note: For participants who attended last year, this year we will integrate different practices and greater experiential emphasis.*

## Target Audience

This workshop will benefit mental health practitioners, educators, human service professionals, and others interested in the topic.

## Objectives

At the conclusion of this educational activity, participants should be able to:

1. Describe rationale for how mindfulness practice can benefit mental health professionals.
2. Describe three techniques that are helpful for stepping out of autopilot to make mindful, valued choices.
3. Identify two practices that you intend to implement that use mindfulness to cultivate cognitive diffusion and nonreactivity.

## Speaker(s)

**Noga Zerubavel, PhD**

Licensed Psychologist

Co-founder, Arise Psychological Wellness and Consulting, PLLC  
Assistant Consulting Professor, Department of Psychiatry and Behavioral Sciences at Duke University Medical Center

Questions? Contact Kristen Murphy at [krmurphy@wakeahec.org](mailto:krmurphy@wakeahec.org).

## Credit

**Category A NC Psychology Credit:** This program will provide 5.0 contact hours (Category A) of continuing education for North Carolina Psychologists. Partial credit will not be awarded.



Wake AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6477. Programs that do not qualify for NBCC credit are clearly identified. Wake AHEC is solely responsible for all aspects of the programs.

Wake AHEC will provide up to 5.0 Contact Hours to participants.

## Registration Fee

Registration Fee - \$85. Vouchers will be accepted.

- Fee will include handouts and certificate of completion.
- Lunch will be provided.
- Visit [www.wakeahec.org](http://www.wakeahec.org) for our ADA Statement, and call 919-350-8547 for Inclement Weather updates.
- Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

## Cancellations and Refunds

Registrants cancelling between September 26 and October 8, 2024, will incur a \$25 cancellation fee. No refunds or credits will be given for cancellations received after October 8, 2024. Substitutes are encouraged.

**REGISTER ONLINE TODAY!**  
**[WWW.WAKEAHEC.ORG](http://WWW.WAKEAHEC.ORG)**