

Transforming Depression and Anxiety: A Path of Skillful Compassion

6 CEU's for MFT's/LCSW's who attend the entire workshop (see below)

with

Lee Lipp, Ph.D.



Combining mindfulness meditation and specific therapeutic approaches, this workshop will examine how to best take care of ourselves by relating to depression and anxiety with compassion. Suitable for both experienced and beginning meditators, the aim of the workshop is for participants to practice identifying, relating to, and interrupting conditionings that are hindrances to feeling better. With encouragement and skillful means to interrupt the mind's habitual patterns contributing to depression and anxiety, participants can cultivate practices to manage and prevent chronic feelings of unhappiness.

Saturday, January 8, 2011
10:00am – 5:00pm

- WHERE:** Doctors Medical Center, Conference Center, Room 1
1441 Florida Avenue, Modesto, CA
- FEE:** There is no fee for this workshop and donations for the Insight Meditation Modesto's future daylongs and for the teacher will be gratefully accepted.
- TO REGISTER:** Those wishing CEU credit must pre-register in advance and a CE administrative fee of \$25 will be collected at the workshop.
- WHAT TO BRING:** Please bring something vegetarian to share for a pot luck lunch.
Hot water and tea will be provided
- FOR INFORMATION:** Please contact Lori: 209-343-2748 or insightmeditationmodesto@gmail.com
or see the website: <http://insightmeditationmodesto.wordpress.com/>

Lee Lipp, Ph.D. has been a member of Thich Nhat Hanh's Order of Interbeing, practicing Zen and Vipassana since 1991. Having taught in psychology graduate programs for 16 years, her most recent work has included being Diversity Coordinator at SFZC. She has taught classes at Spirit Rock, Insight Meditation Center, San Francisco Zen Center, East Bay Meditation Center, Zen Hospice Project, Tassajara, Arcata Zen Center, La Casa de las Madres, Gay Men's Buddhist Sangha, UCSF Trauma Recovery Center, SF Mental Health Assoc. and SF Dept. of Mental Health. Lee supervises at Haight Ashbury Psych Services, leads "Transforming Depression" and "Transforming Anxiety" groups, and has a psychotherapy practice in San Francisco. www.leelipp.com

6 CEUs for MFTs/LCSW's may be earned by those attending the entire workshop (Dr. Lipp's Provider #4468).

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With Lee Lipp, Ph.D (BBSE Provider #4468)

(Sponsored by Insight Meditation Modesto)

Saturday, January 8, 2011

10:00AM – 5:00PM

Registration begins at 9:30AM

Doctors Medical Center, Conference Center, Room 1
1441 Florida Avenue, Modesto, CA

Registration Form

For MFT/LCSW Registrants (6 CEUs)

\$25 (collected at the door)—for CEUs only

No fee for workshop (donations accepted)

Name: _____

Address: _____

Work Phone: _____

Home or Cell Phone: _____

License: ___ MFT # _____

___ LCSW # _____

Please send form to:

Christine Bitonti, LCSW
McHenry Medical Office
1209 Woodrow Ave., Suite B-10
Modesto, CA 95350-1273

(OK to send by ID mail or FAX to Chris @ 558-5310)