

**The American Association for Psychoanalysis in Clinical Social Work
in joint sponsorship with THE SANVILLE INSTITUTE
And the California Society for Clinical Social Work Presents:**

**Program: Becoming Mindful of What? – Integrating Mindfulness
with an Analytic Psychotherapy Practice**

Presenter: Karen Redding, PhD, LCSW

Date: Saturday, May 21, 2016

Time: 10 a.m. to 12:30 p.m.

Please join us for an engaging presentation with an analytic psychotherapist who utilizes Mindfulness Based Meditation in her clinical practice. Through in-depth case examples from her analytic practice, Dr. Redding reveals how Mindfulness-Based Meditation informs and deepens the holding and containing function of the psychotherapeutic process. She will demonstrate the ways that her application of the 4 Foundations of Mindfulness helps her with her own fluctuating and sometimes unsettling mind states. And she will show how through the practice of each foundation, mindfulness becomes more refined, moving towards deepening insight and wisdom. Her paper will explore how we attain the capacity to hold and contain our own mind states when clinical material bombards us with unsettling felt experience.

Dr. Redding says, “My work embraces both the world of the mind and psyche, as well as the larger world of social and existential issues and inquiries. I think of it as an exploration and integration of ‘how the inside gets out and the outside gets in,’ such that we can carry more ease, authenticity, and freedom from unnecessary suffering.”

Karen Redding, PhD, LCSW: is a clinical social worker and psychoanalyst with a private practice in Laguna Beach, CA. She completed her psychoanalytic training and received her Ph.D. at the Los Angeles Institute & Society for Psychoanalytic Studies. As a dedicated practitioner of Insight Meditation for over a decade, Dr. Redding also teaches and facilitates Mindfulness Based Meditation Groups. She is also a gifted photographer of people around the world.

Location: 120 Commonwealth Ave., (Between Euclid & Geary) S.F., CA. 94118
(bus-lines: #38 Geary and #1 California)

Home office of Gabie Berliner, PhD, LCSW – (call for directions) 415-751-3766

Coffee & refreshments provided: Suggested donation \$15.

(Cash or check to NIPER-AAPCSW) No one turned away for lack of funds.

Seating is limited: please RSVP by E-mail: MeccaCannariato@yahoo.com

2.5 CE credits offered to LCSW'S, MFT'S, and Psychologists by **THE SANVILLE INSTITUTE:** BBS CE Provider #PCE 272 for LCSWs and MFTs The Sanville Institute is approved by the CPA OPD to sponsor continuing education for psychologists in California and maintains responsibility for this program and its content. CPA PAS SAN 150.