



To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Mindfulness for Professionals



Monday, November 17, 2014
9 to 11am

Join us for an educational presentation by
Paul Salmon, Ph.D. and Colleagues from the
University of Louisville's Bio-Behavioral Laboratory
& Mindfulness Studies Program.

This two-hour program will explore ways to cultivate mindfulness and enhance healthcare providers in their roles, with particular emphasis on cancer care. Drawing from clinical research, works of contemporary writers and poets, and specific mindfulness practices, this program provides a framework and dialog for exploring ways to provide compassionate care – for caregivers themselves and those they treat.

Approved for 2 CE credits by the KY Board of Social Work. This event is held at Gilda's Club Louisville and is free of charge. Light Refreshments will be served. RSVP at www.gildasclublouisville.org or call (502) 583-0075.

Learning objectives for this presentation include:

1. Develop familiarity with mindfulness as a form of complementary healthcare.
2. Explore the role of mindfulness in caregiving, both for caregivers and those for whom they care.
3. Learn basic mindfulness practices and how to apply them in clinical settings.

Paul Salmon is an Associate Professor of Clinical Psychology in the Department of Psychological and Brain Sciences at the University of Louisville. A licensed psychologist and exercise physiologist, he is also certified as both a Health Fitness Specialist by the American College of Sports Medicine and yoga instructor (Yoga Alliance, RYT/200 level). In collaboration with Sandra Sephton, Ph.D., Paul co-directs the Bio-Behavioral Laboratory and Mindfulness Studies Program at UofL. His research, clinical, and teaching activities center on mindfulness in a variety of contexts, including stress management, exercise, clinical practice, and environmental sustainability. Currently, he is finishing a text for clinical practitioners, *Mindfulness in Motion*.

Gilda's Club is approved by the Kentucky Board of Social Work to sponsor continuing education for credential holders. Gilda's Club maintains responsibility for this program and its content.