



Cultivating Therapeutic Presence and Self-Care: **A Therapeutic Rhythm and Mindfulness Workshop for** **Health Professionals and Educators**

About Therapeutic Presence:

Therapeutic presence is the state of having one's whole self in the encounter with a client or student by being *completely in the moment on a multiplicity of levels* – physically, emotionally, cognitively, and spiritually. Being fully "present" is the most valuable gift a Health Professional and Educator can give to one's self, and others, including clients and students. In a busy and demanding world, presence can be compromised.

About Therapeutic Rhythm and Mindfulness:

Therapeutic Rhythm and Mindfulness (TRM) is an innovative program incorporating drumming, mindfulness and reflection to help cultivate presence and reduce the barriers that prevent you from being fully "in the moment." Rhythm modalities offer a fun and expressive way of releasing bodily-held stress and the practice of mindfulness offers tools to be engaged in the moment in an accepting and compassionate way.

This workshop will help participants to:

- Understand the components of therapeutic presence and the value of presence for self-care and for increasing effectiveness in therapy and teaching;
 - Explore how rhythm and mindfulness practices aid in the cultivation of therapeutic presence;
 - Generate experiential take home practices to cultivate therapeutic presence in life, in session, and in the classroom
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No Previous Drumming or Mindfulness Experience Needed

DATES: Thursdays Jan 12 to Feb 16, 2012, 7pm-8:30pm
RETREAT DAY: Saturday Feb 4, 2012, 10am- 4pm
COST: \$390 (may be covered by extended health insurance)
LOCATION: Avenue Road and Lawrence area

Recommended For:

- Psychologists; Psychiatrists; Social workers; Psychotherapists; Occupational therapists; Physiotherapists; Naturopaths; Chiropractors; Medical doctors; Nurses, and Educators across all fields.

About the Facilitator:

Dr. Shari Geller is a Clinical Psychologist and health and wellness facilitator. She has a private practice in Toronto and Grey County. Dr. Geller is a professor of Psychology at York University. She has coauthored the book entitled, *Therapeutic Presence: A Mindful Approach to Effective Therapy*. She is also currently involved in research around the health benefits of TRM for cancer survivors.

For Registration/ More Information Please Contact:
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