

**Please join us on Friday, July 27, 2018 (1p.m. – 4p.m.)**

**Mental Health America of Greater Tarrant County**

**“Building Peace of Mind: 10 Mindfulness Tools for Calming Anxiety”**

**Dr. Kathryn Soule, PhD, LPC**

Dr. Kathryn Soule, PhD, LPC specializes in alleviating anxiety, from stress to trauma. She uses mindfulness tools to help clients live more meaningfully in the present and EMDR therapy to help clear the roots of anxiety from the past. She received her Master’s in Psychology from Columbia University and her Doctorate in Counseling from Texas Tech. While living in New York, she gained experience at Roosevelt Hospital and Safe Horizon emergency domestic violence shelter in Brooklyn. She also co-authored a book chapter with Dr. Judy Kuriansky about the counseling model used in her nationally syndicated call-in radio show, *Love Phones with Dr. Judy and Jagger.* Since returning to her native Texas, she has worked with a number of wonderful non-profit organizations in Fort Worth. She has become a frequent speaker on using mindfulness theory and techniques with clients, having first discovered the power of the present through Buddhist meditation classes. She maintains a private practice in southwest Fort Worth, [www.SouleTherapy.com](http://www.souletherapy.com/).

*Mind always busy? Looking for "tools" and "strategies" to calm the mind and get rid of anxiety?* This experiential workshop will give you simple tools that you can start using on your own to alleviate stress, calm your mind, and live a more purposeful life, starting today.

Objectives:

* Learn the basics of mindfulness theory as it relates to cognitive therapy and Buddhism
* Learn 10 mindfulness techniques for calming anxiety
* Learn to integrate mindfulness techniques into case conceptualization
* Learn how to introduce the tools in a planned way to clients

The fee for this **3-hour CEU seminar** is $50 for non-MHA members, $40 for MHA members and $20 for students.Registration deadline (online/by mail) **must be received** by July 26, 2018

1) Mail check to MHA at 3136 W. 4th Street, Ft. Worth, TX, 76107; fax number: 817-810-3230

2) Online at [Eventbrite](https://www.eventbrite.com/e/building-peace-of-mind-10-mindfulness-tools-for-calming-anxiety-tickets-48284780077).com

MHA is an approved provider of continuing education in Texas for LPC with approval #1099, Social Workers #5467, and LMFT #419.

**Registration by Mail (print off and send with check or credit card payment to MHA)**

NAME:

ADDRESS:

CITY, STATE, ZIP:

HM/CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WK PHONE:

E-MAIL:

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SECURITY CODE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TOTAL AMOUNT ENCLOSED: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
For additional information, please contact Barbara Jordan at 817-569-5779 / [Barbara.Jordan@mhmrtc.org](mailto:Barbara.Jordan@mhmrtc.org)