



# MINDFULNESS FOR HUMAN SERVICE PROFESSIONALS

Presented by:  
**Randy Wolbert**  
LMSW, CAADC  
Clinical Director of  
InterAct of Michigan



**Wednesday, August 14, 8:45—12:00**

Registration and training are in room 4010,  
College of Health and Human Services,  
1240 Oakland Drive, Kalamazoo MI 49008

### Course Objectives:

1. Participants will be able to describe the three states of mind
2. Participants will be able to list and describe the core mindfulness how skills
3. Participants will be able to list and describe the core mindfulness what skills
4. Participants will participate in three mindfulness exercises

Registration and Check In  
Room 4010

**Training Fee: \$55**

**Student Rate: \$20**

**Group Rate Available (-10%): \$49.50**  
(Group Rate = 3 or more registrants from an  
organization)

**Michigan Social Work CE hours:**

**3 HOURS**

This continuing social work education  
activity is sponsored by Western Michigan University School of Social Work.  
The School of Social Work is an approved provider with the Michigan Continuing  
Education Collaborative.

Approved Provider Number: MICEC-0060.

For full CE credit, participants will be  
required to sign in and out, provide their Michigan Social Worker identification  
number, and complete a course evaluation.

**SCHEDULE for  
Wednesday August 14, 2013**

**8:15—8:45**    Registration  
**8:45—10:00**    Mindfulness Practice Exercise  
                  Overview of Mindfulness Based Treatments  
                  Three States of Mind  
**10:00—10:15**    Break  
**10:15—12:00**    Mindfulness Practice Exercise  
                  How Skills  
                  What Skills  
                  Mindfulness Practice Exercise

**This facility complies with ADA access standards.  
To ask questions, call Rebecca Schrock-Herdeck at 269-387-3158 or email;  
rebecca.schrock-herdeck@wmich.edu**

Cancellation Policy: If a class is canceled due to insufficient enrollment or unforeseen circumstances, WMU School of Social Work will provide a full refund. If necessary, the University reserves the right to substitute instructors. If a registrant is unable to attend an event for which payment has already been received, the registrant may send another person in his or her place. The original registration information must be provided and the School of Social Work must be notified of this circumstance at or prior to the event.

**To register and pay online go to:**

[https://secure.touchnet.net/C21782\\_ustores/web/store\\_cat.jsp?STOREID=1&CATID=3](https://secure.touchnet.net/C21782_ustores/web/store_cat.jsp?STOREID=1&CATID=3)

**Registrations must be mailed to the address below and must include payment and completed entry form below. Checks must be made out to Western Michigan University. Registrations will be acknowledged via e-mail—please include your e-mail address. **Registration deadline is Friday August 9.** When mailing registration, e-mail [rebecca.schrock-herdeck@wmich.edu](mailto:rebecca.schrock-herdeck@wmich.edu) or fax 387-3183 to reserve your spot**

Name: \_\_\_\_\_ Social Worker ID # \_\_\_\_\_

E-mail address: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

- Payment enclosed. \$ \_\_\_\_\_     \$55 Training Fee     \$20 Student Fee  
 \$49.50 Group Rate (3 or more from organization)

- Payment will be mailed from organization
- Please add me to the Continuing Education email list for the School of Social Work at WMU. Mail completed registration form and payment (if applicable) to:  
Rebecca Schrock-Herdeck, School of Social Work, Western Michigan University,  
1903 W. Michigan Ave., Kalamazoo, MI 49008-5354