

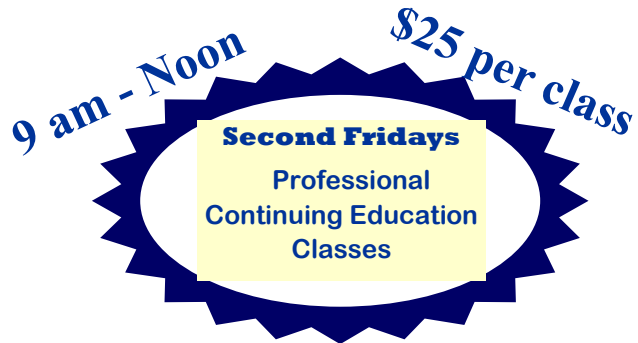
September 18, 2009

### **“Introduction to Mindfulness Techniques”**

....The largest part of human suffering is caused by the mind's tendency to live in painful memories of the past, fearful anticipation of the future, and negative judgments about the present.

The philosophy, theory, and practices of mindfulness, which are drawn from the world's great contemplative traditions, offer liberation from this mind-created suffering. This training will enable participants to understand basic mindfulness philosophy and theory, and to begin to practice useful mindfulness techniques, as well as to offer this help to others.

**Dr. Jesse Rabinowitz, PH.D, LCP**



November 13 , 2009

### **"An Overview of Family Therapy Systems Theory; and Why Sometimes the Wrong Person is in Treatment!"**

This training will address the theoretical basis of systems theory, applications, assessment and interventions.

**Bruce S. Evans M.A. LMFT, LPC, NCC, CSAC**

**Check our Website for additional Classes!**

[www.WeSupportFamilies.com](http://www.WeSupportFamilies.com)

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