



A DAY OF LEARNING THE SKILLS OF MINDFULNESS

December 5, 2009

Facilitated By: Jim Struve, LCSW

We live in a world that often pulls us away from our present experience. We learn to respond reactively and defensively to others. We critically judge ourselves. Too often we avoid that which is uncomfortable and cling to that which we deem as pleasant. We hold on to the past as well as worry and obsess about the future. These habits reinforce ways of thinking and feeling that keep us stuck in negativity, stress, and bad habits. Mindful presence invites us to move with awareness into the present moment, to quiet the noisy mind, to look deeply within, to accept ourselves, to cultivate active attention of body and mind, and to awaken the compassionate heart.

This daylong experiential workshop offers an introduction to the basic foundations and practical skills of mindful awareness. Ample time will be devoted to practicing the application of mindfulness skills for use in grounding and centering, managing anxiety, focusing attention, and personal enhancement. A mindfulness lunch and a non-strenuous mindfulness walk will also be included, allowing an opportunity to experience mindfulness skills across a diverse spectrum of daily life activities.

Who Should Attend: This workshop will be a valuable resource if you are healing from trauma, struggling with anxiety or panic, experiencing difficulty focusing your attention, wanting additional support with 12 step recovery work, and/or searching for greater self-awareness and personal growth.

Jim Struve, LCSW has been in private practice for 28 years. Mindful awareness is a basic tenet of his therapeutic relationship with clients. Jim works extensively with trauma survivors and he is a member of the national facilitator team for the Male Survivor Weekends of Recovery (www.malesurvivor.org). Jim has studied with a variety of Buddhist teachers and other mindfulness practitioners, including Thich Nhat Hahn.

Date/Times: 8:30 – 9:00 a.m.: Registration; 9:00 a.m. – 2:30 p.m.: Workshop
Saturday, December 5, 2009

Location: Rape Recovery Center, 2035 South 1300 East, Salt Lake City

Cost: \$55 before 11/23/09 (\$35 for students); \$65 after 11/23/09 & before 12/01/09 (\$45 for students); no registration after 12/01/09.
Registration fee includes lunch.
A limited number of reduced fee registrations are available upon request – contact Jim if you have restricted financial resources.

To register, fill out the form on the accompanying page.

REGISTRATION FORM

**A DAY OF LEARNING THE
SKILLS OF MINDFULNESS**

December 5, 2009

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE(S) _____

E-MAIL _____

Amount Included with registration: _____ \$55 (\$35 student) until 11/23/09
_____ \$65 (\$45 student) if received 11/24/09 - 12/01/09
_____ Reduced fee (prior approval from Jim required)

Please copy and enclose copy of Student ID if registering for student rate

Specify any special dietary restrictions (vegetarian lunch included with registration)

Specify any physical limitations for mindfulness walk

MAKE CHECK PAYABLE TO JIM STRUVE AND MAIL WITH THIS REGISTRATION TO:

JIM STRUVE
1399 SOUTH 700 EAST, SUITE 2
SALT LAKE CITY UT 84105

Workshop space is limited. Registration is on a first-come basis.
If you have any questions, contact Jim at 801-364-5700 ext. 1.