



## Deep Empathy, Mindfulness, and Dream Work in Therapy

*People are afraid of listening closely because they are afraid of losing sight of their own agenda.*

– David Ryback, Ph.D.

Are you searching for creative ways to meet your clients' needs? Understanding the workings of the mind can help. Join international speaker and author, David Ryback, Ph.D., in a highly interactive workshop on the neuroscience of deep empathy, mindfulness, and dream work.

Learn how to use brain-based research to:

- Hear your clients' concerns more accurately
- Increase your expertise with mindfulness
- Interpret your clients' dreams

### WORKSHOP PARTICIPANTS

This continuing education workshop is for clinical and non-clinical mental health professionals and front-line volunteers who have a role in fostering the well-being of individuals and groups in the Chattanooga area. This includes substance abuse counselors, mental health counselors, marriage and family therapists, pastoral counselors, social workers, and psychologists. It also includes a wide range of other paid and unpaid human services personnel.

### THE TRAINING

Through a series of fast-paced lectures, case studies, and experiential small group exercises, you will gain a thorough understanding of the material presented while practicing proven techniques which you can begin to use with your clients right away.

In this workshop you will acquire research-based skills that

will make you a more effective therapist with even your most challenging clients by:

- Using neuroscience research to understand your clients at a deeper level
- Mastering the neuroscience of hypnosis to enhance the benefits of mindfulness and benefit your clients
- Interpreting your clients' dreams so that they get resolutions to their deepest challenges

*See the back of this flyer for details.*

### LEARNING OBJECTIVES

- 1 Differentiate deep empathy from ordinary empathy and learn how to reach your clients at this deeper level
- 2 Understand the brain process leading to "limbic resonance" and how to achieve it
- 3 Recognize the similar dynamics of hypnosis and the acquisition of mindfulness
- 4 Explain the benefits of meditation and mindfulness to clients and help them master both
- 5 Demonstrate to clients the benefits of dream work and how to record their dreams
- 6 Acquire the skills of working with clients to make the interpretations of their dreams meaningful and effective

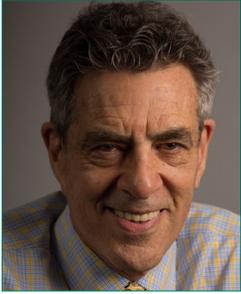
### ABOUT WEEKENDCEU

Weekend CEU is a new effort of Chattanooga Endeavors to make high quality continuing education programs available to mental health professionals and front-line volunteers in the Chattanooga area. All topics are thoroughly grounded in research with a substantial track-record of effective application and taught by well-credentialed and seasoned experts in their fields.



# Deep Empathy, Mindfulness, and Dream Work in Therapy

## DAVID RYBACK, PH.D.



David Ryback, Ph.D., a board-certified clinician, is founder of EQ Associates International in Atlanta, GA. He speaks internationally on his published research on the neuroscience of dream-work, deep empathy, and mindfulness. Among his books are *Dreams That Come True* (Doubleday) and *ConnectAbility* (McGraw-Hill) and, among his over 60 professional publications, are *Self-Determination and the Neurology of Mindfulness* and *The Neuroscience of the Soul*.

Dr. Ryback received his Master's degree at San Diego State University and his Doctoral degree at the University of Hawaii and is an expert on mindfulness, deep empathy, and dream work. He trains professionals around the globe and served as Associate Editor for the *Journal of Humanistic Psychology*, book editor for *The Journal of Family Therapy*, and columnist for *Speaker*, the magazine for the National Speakers Association.

## WORKSHOP CONTENT

### FRIDAY AFTERNOON (Deep Listening)

- The history and neuroscience of deep empathy
- Case study: The problem
- Jazz as a metaphor for deep empathy
- Range of emotions
- "Limbic resonance"
- Panksepp's research on Intrinsic Motivational Systems
- The limits of, and precautions for, deep empathy
- Mutual Affect Therapy and how it works
- Damasio's neuroscience research applied to deep empathy
- Back to case study and application: The solution
- Demonstration and practice

### SATURDAY MORNING (Hypnosis and Mindfulness)

- The history of mindfulness
- Jon Kabat-Zinn's pioneering work
- How it connects with the practice of hypnosis
- How the brain processes hypnosis and mindfulness
- Daniel Siegel on how mindfulness affects the brain
- The benefits of mindfulness
- Group sharing and discussion

### SATURDAY AFTERNOON (Dream Work)

- Neuroscience perspective on Freud and Jung
- Dr. Ryback's approach to dream work
- Where dreams come from—a neuroscience context
- An exploration of archetypes
- Psychic dreams and what to do with them
- How to interpret the dream
- How dreams solve problems
- Demonstration and small group experience

## INFORMATION & REGISTRATION

<b>Schedule</b>	Friday, April 6, 2018	3:00 PM - 6:45 PM
	Saturday, April 7, 2018	8:30 AM - 6:00 PM
<b>Location</b>	Family Justice Center 5705 Uptain Road Chattanooga, TN 37411	
<b>Cost</b>	\$250	
<b>Contact</b>	423-451-6039 training@weekendceu.com	

### 10 CONTINUING EDUCATION CREDITS

See below for details.

### REGISTER FOR THIS WORKSHOP

Register at [weekendceu.com](http://weekendceu.com) (click) or get in touch with us at the number or email address above.

Stay in touch by texting "Community CEU" to 313131

## CONTINUING EDUCATION (CECs)

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

**Social Workers:** CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 20.0 clinical continuing education clock hours.

**Licensed Clinical Professional Counselors/Licensed Mental Health Counselors:** Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LCPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LCPCs/LMHCs completing the program will receive 20.0 continuing education hours of credit.

