

Using Mindfulness to Work with Clients' Addictions

Gwin Stewart PhD, CRAADC

MSCSW, St. Louis Chapter

October 13, 2012

- 1. *Mindfulness* defined**

- 2. Neuropsychology and mindfulness**

- 3. Addictions: what are they and how to identify them**

- 4. The meeting of mindfulness and addictions**

- 5. Introducing mindfulness with clients**

- 6. Mindfulness practices woven into daily life (for clients, for therapists)**

- 7. Mindfulness as self-care**

- 8. What might interfere with your own mindfulness practice?**

Gwin Stewart, PhD, CRAADC
inside the St. Louis Wellness Center
425 Marshall Ave., St. Louis, MO 63119

314.724.0503
DrGwin@hotmail.com
www.StLouisWellnessCenter.com

