

New Jersey Society for Clinical Social Work Presents



"Neuro Somatic Mindfulness Tools for Treating Anxiety"

Presented by:

Colleen Gallagher, LCSW

2 Clinical CEUs provided by the NJSCSW, a recognized provider of Continuing Education Units by the NJ State Board of Social Work Examiners (The workshop will be via ZOOM: online workshop)

CEUs are Free to Members, \$60.00 for Non-Members (if no CEUs needed, attendance is free, donations welcome)

Date: Sunday, February 23, 2025

Time: 11:00 AM – 1:00 PM

Neuro Somatic Mindfulness is a Mindfulness-based therapeutic model that blends mindfulness, mind-body/somatic tools with neuroscience, interpersonal neurobiology and compassion-focused tools. It is an integrated approach that benefits from the clinician's embodied, present moment and experiential stance.

Educational Objectives: This training aims to help clients (as well as the therapist) to:

1. Treat anxiety with more than just cognitive, behavioral tools, using a 'multi-pronged approach'
2. Increase distress tolerance, calm thoughts, and reconnect to body, mind, and emotions
3. Learn how to recognize and mediate a 'safe state'
4. Learn nervous system informed and trauma sensitive practices including relational tools, breathing, simple movement exercises, and meditation exercises that are prescriptive (not all meditation practices are the same)
5. Learn embodied mindfulness tools to help create healthy boundaries for both the therapist and client using an experiential approach

Colleen Gallagher, LCSW - is an Integrative Psychotherapist who treats individuals, couples and families. She's also a teacher/speaker for those in healthcare, education and business. She's an accredited Mindfulness and Meditation teacher, MBSR-Mindfulness-Based Stress Reduction and an EMDR therapist. She's a certified Yoga Alliance teacher E-RYT, a former professional performing artist and a longtime student of Buddhist Psychology/Philosophy. She blends neuroscience, embodied somatic practices, interpersonal/relational tools, mindfulness, spiritual and creative approaches when working with others. <https://mindfulwaypsychotherapy.com/>

Mission and Goals. Promote professional excellence through affordable seminars, peer support and mentoring, journals, and newsletters. Protect the rights of Clinical Social Workers and their clients by monitoring the activities of HMOs, Insurance Plans and Legislative action and advocating on their behalf. Actively work to promote and enhance the image of Clinical Social Work and the development/enhancement of prerogatives for Clinical Social Workers and their clients in keeping with standards set for other mental health professionals. **Membership includes 8 hours of free CEU seminars per year**

Cost: No charge for NJSCSW members to attend the workshop, \$60 fee for non-members

RSVP: Email: Jan Markham at jan@1destin.com

**** Please provide contact information (email/phone #) and membership info w/your RSVP. ****

The ZOOM online workshop instructions will be emailed to you prior to the workshop.