Mindful leadership skills serve as a foundation for the provision of strengths-based, ethical clinical supervision and mentoring. This experiential workshop explores core components of leadership in a present-centered, strengths-based style of clinical supervision, while providing practical tools for application in supervisory, clinical, and administrative relationships. This style of supervision and mentoring has been shown to deepen clinical skills, enhance therapeutic relationships, enhance awareness and foster genuine empathy. Through the use of contemplative practices, positive psychology, and the expressive arts, supervisors will learn specific tools designed to heighten and teach self awareness. This workshop includes one hour of ethics.

OBJECTIVES

Upon completion of this workshop, participants will be able to:

- Describe the four key components of mindful leadership and discuss how these components provide the foundation for strengths based supervision

- Identify key scientific evidence supporting strengths-based supervision and mentoring

- Apply three strengths-based approaches that support the supervisor’s and the clinician’s awareness of clinical dynamics

- Describe and apply the ethical tenets of clinical supervision within the framework of strengths-based supervision

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, peer support specialists, marriage and family therapists, school counselors and other professionals interested in this subject.

AGENDA

5:00pm - 5:30pm  Registration (Light refreshments provided)

5:30pm - 7:00pm Key Components of Mindfulness Practice in Strengths-Based Leadership | Key Scientific Evidence/Research

7:00pm - 7:15pm Break

7:15pm - 8:45pm Strengths-Based Approaches that Support Awareness of Clinical Dynamics | Ethical Tenets of Clinical Supervision within the Framework of Strengths-Based Supervision

8:45pm Adjournment

FACULTY

Debra Premashakti Alvis, PhD, RYT, is a licensed psychologist, mindfulness teacher and therapeutic yoga educator practicing in Athens, Georgia. She conducts a private practice offering clinical supervision, peer consultation, and psychotherapy to adults, couples and families. For many years she has trained healthcare professionals with a focus on strengths-based approaches. Debra developed the Mind/Body Program at the University of Georgia to train clinicians in mindfulness. She also serves on a research team investigating contemplative practices and is a consultant and trainer in Mindful Leadership for a national educational organization. Debra has presented as a master clinician for the American Psychological Association’s Division of Independent Practitioner’s Fast Forward Conference. She has been engaged in contemplative practices for more than twenty-five years and has extensively studied yoga, mindfulness, and the expressive arts.
and go up the hill to the MAHEC Biltmore Campus. Just before the Biltmore Village Lodge, turn right into the DoubleTree Hotel complex. Turn left towards Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to exit 5B (Charlotte Street). At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left towards the Biltmore Village Lodge. Just before the Biltmore Village Lodge, turn right and go up the hill to the MAHEC Biltmore Campus.

REGISTRATION
Early Registration Deadline: June 2, 2016

Early registration fee is $75.00 for mental health professionals, $60.00 for groups (five or more from same agency, registering and paying at same time), and $35.00 for students (proof of enrollment required at check-in). Registration fee includes administrative costs, educational materials, and refreshments. If registration is received after the deadline, the total fee will be the registration fee + $15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Send completed registration form to:
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803
Fax to 828-257-4768

Have a question? Special Services: 828-257-4485
CE Planner: Barbara Warren, MSW, LCSW, LCAS-A, CFT 828-257-4475
Registration Information: 828-257-4745
Fax Registration: 828-257-4768
Online Registration: www.mahec.net
Email: registration@mahec.net
Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803

Directions to MAHEC Biltmore Campus
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CREDITS
NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #647. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. 3.0 hours

NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. 3.0 hours

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance at each part is required to receive credit from the NC Psychology Board. 3.0 hours

CEUs: MAHEC designates this continuing education activity as meeting the criteria for 0.3 CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs. 3.0 Contact Hours