

Falling Awake: Utilizing Mindfulness to Improve Focus and Decrease Stress

Presenter: *Matthew Fleming, M.A., LPCC*

November 15th, 2010

7:00-9:00pm

at

Ohio Dominican University
Bishop James A. Griffin Student Center
Columbus, Ohio

Offered Through *The Wellness Institute*

The stress of the holidays can be anxiety-provoking for many people! Learning techniques to help one attend to the present moment and suspend judgmental thoughts can help both clients and therapists calm themselves and then choose healthier reactions to situations that might have provoked reflexive behaviors. Join us for a fun and relaxing evening with Matthew Fleming, LPCC where you will learn about the core concepts of mindfulness and how to pay attention to the present moment in a non judgmental fashion. Specific educational objectives of this workshop are to:

- ✦ Introduce participants to the overall concept of mindfulness.
- ✦ Provide experiential exercises that aid participants in deepening their understanding

of mindfulness.

- ✦ Provide techniques for mindfulness practices that participants may elect to use on their own.

Matthew Fleming is a Licensed Professional Clinical Counselor and associate of The Wellness Institute. He currently works as a staff therapist at The Ohio State University, Counseling and Consultation Services. Matthew has given numerous presentations and interactive workshops to college students and adults on mindfulness, wellness, and integrated holistic living for body, mind, and soul.



Workshop Registration Deadline:
Friday, Nov. 11th, 2010

- ✦ \$65.00 – Professional Rate for 2 CEUs (clinical mental health counselors, school

The Wellness Institute (TWI) is a private practice based in Worthington, Ohio that specializes in providing high quality personalized clinical mental health and wellness services. We believe in an integrated approach to providing care for the mind and body. Our services include:

- **Counseling** for individuals, couples, and families.
- **Education/Training** workshops for health care professionals, corporate training, educators, and the general public.
- **Consultation** for other mental health providers, business, government, and educational institutions.

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