

Mindfulness in Health Care Track

Session 2: 10:30-11:45am

Name, Title Affiliation

Sujeong (Sue-Jung) Shin, MSW, LICSW, Senior Clinician, PCS, Inc., a counseling agency in Manchester, NH

Title of session:

“Mindfulness Basics: Self-consciousness Redefined”

Brief description of session:

During this interactive workshop, Sujeong will explain how she uses mindfulness with her clients in individual and couples therapy. Applications of mindfulness in this context include being curious about and observing oneself, realizing that feelings aren't facts, as well as noticing and modifying reactivity and patterns.