

Trauma and Mindfulness
Bowbay Liang-Hua Feng, M.A., LMFT
A Workshop for Mental Health Professionals

Syllabus

Course Description

In this workshop you will receive an overview of DBT (Dialectical Behavior Therapy) mindfulness skills, and learn specific mindfulness interventions. A mindfulness practice can help with emotional regulation, distress tolerance, as well as the depression and anxiety symptoms that often result from trauma.

Course Objectives

1. Participants will understand the basic overview of DBT mindfulness skills and be able to use specific interventions.
2. Participants will understand the importance and relevance of mindfulness as a trauma intervention.

Course Overview/Outline

This course presents an overview of DBT (Dialectical Behavior Therapy) Mindfulness Skills as an effective treatment for trauma.

Will include:

- An overview of mindfulness and trauma.
- Learning and practicing the following DBT Mindfulness Skills:
 - Wise Mind
 - “What” skills
 - “How” skills
 - Radical Acceptance
 - Willingness vs. Willfulness

Selected Bibliography

- McKay, Wood & Brantley (2007) *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance*, Oakland, CA: New Harbinger
- van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Viking.

About the Presenter

Bowbay Liang-Hua Feng is a Licensed Marriage and Family Therapist with a private practice in Berkeley. She is also an Adjunct Professor at the University of San Francisco in the Counseling Psychology Masters Program where she teaches classes on Trauma, Crisis and Adult Life Transitions. She received her masters from The Wright Institute and her B.A. in Religion and International Relations from Smith College. She brings over 20 years of experience in mindfulness, meditation and martial arts. Bowbay is client-centered. She has a practice built on collaborative self-empowerment and helping people through trauma, transitions, relationships, stress, and quality of life issues. Bowbay is trained in EMDR, Mindfulness and DBT for the treatment of trauma.