



Trauma and Mindfulness

Bowbay Feng, LMFT

Wednesday, March 9, 2016, 12-2 PM

Christian Counseling Centers

25400 Heperian Blvd

Hayward, CA 94545

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- Part of a new **Trauma Training Program**.
- **FREE** for therapists, pastors, and others who minister to trauma survivors.
- **2 CEUs** available through the California Board of Behavioral Science (PCE 5880) for all LMFTs, LCSWs, LEPs and LPCCs, for a fee of \$20.

TO REGISTER: Visit www.christiancounselingcenters.org or call Joy at (510) 999-6380

About the Workshop

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.

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.