



Mindfulness and Trauma:

Interventions to support clients healing from trauma resulting from violence

Facilitated by Zina Mercil MA, LPC.



Supporting Your Clients with Mindfulness

3-hour live, virtual training for licensed clinicians
Tuesday, June 20, 2023, 1pm-4pm ET
3 Free CEUs

- Increase understanding of Mindfulness and Trauma, and Mindfulness for Trauma
- Encourage consideration of the benefits and challenges of using mindfulness as an intervention, and skills required in facilitation
- Practice and take-away 2-3 breathing and mindfulness practices to apply with clients immediately

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*Give an Hour is approved by the American Psychological Association to sponsor continuing education for psychologists. Give an Hour maintains responsibility for this program and its content. There is no known commercial support for this training. Please contact Nina Ravick, at nravick@giveanhour.org, with questions or feedback on continuing education or accommodations.

This program is pending approval from the National Association of Social Work and National Board for Certified Counselors.

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