

JOURNEY MENTAL HEALTH CENTER PRESENTS:

Cont. Ed: Mindfulness & Meditation in Practice

Date: Wednesday, June 14, 2023
Time: 11:00 am – 1:00 pm
Presenter: Dr. Kimby Shult Hughes,
EdD, LMFT
Venue: Zoom
Cost: \$60
2.0 CE Hours (NBCC/ACEP
Approved #6760)

Training Description:

Humans have been practicing mindfulness and meditation for thousands of years. More recently, the mental health field acknowledged its benefits. At its core, mindfulness is a call to the present moment, to awareness, and to peace. With empirical backing, practitioners can utilize mindfulness and meditation to support consumers' psychological, cognitive, emotional, and physical well-being. If you want to learn more about mindfulness and how to apply it in practice, this training is for you!

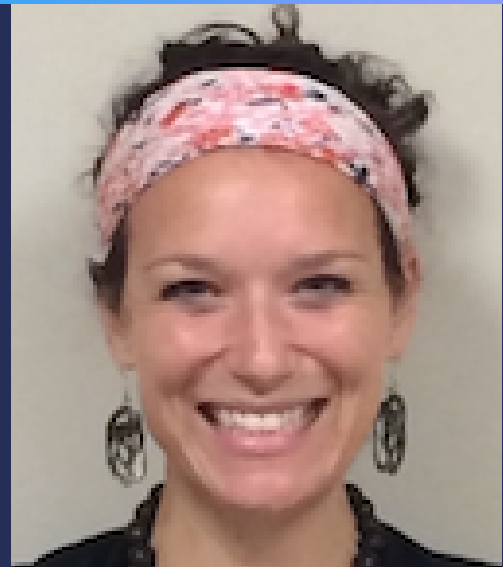
2.0 CE NBCC/ACEP HOURS*

*Journey Mental Health Center has been approved by NBCC as an Approved Continuing Education Provider, ACEP

No. 6760. Programs that do not qualify for NBCC credits are clearly identified.

Journey Mental Health Center is solely responsible for all aspects of this program.

To register for Journey sponsored trainings visit our website at <https://journeymhc.org/>.



Dr. Kimby Shult Hughes, EdD, LMFT

Kimby Shult Hughes is a licensed Marriage and Family Therapist with a doctorate in Education. As a mental health practitioner, she has worked with individuals, couples, and families across the life span in clinic-based and community-based settings. These days, Kimby devotes her time to school based interventions for youth impacted by trauma and related mental health needs. She is also a faculty member at Edgewood College where she teaches in the Psychology Department and coaches Women's Volleyball. As a narrative researcher, she gathers and interprets people's stories to gain greater insight about whatever phenomenon she is exploring. Kimby has a heart for holistic care, justice, and proactive collaboration. As a presenter, she pulls from her time as a mental health practitioner, researcher, teacher, and coach. She utilizes her knowledge of organizational development, leverages her clinical expertise, and leans into her lived experiences to facilitate spaces of learning and self-discovery.

