



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Mindfulness for Mental Health Professionals

**Presented by Amber Cope, M.A.**

**Wednesday, April 17, 2024**

**9:30 am - 11:30 am**

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## **Registration Fee:**

There is no cost associated with this presentation

## **Continuing Education:**

No CE credits will be offered

## **Registration Link:**

**<https://www.surveymonkey.com/r/6CJ6S8C>**

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

**Registration closes at 3:00 pm on April 16, 2024**

**In order to receive a certificate you must be present for the entire training.**

## Description:

The presentation will first teach what mindfulness is, briefly review the relevant history, and summarize the current body of research, specifically focusing on the benefits. The remainder of the presentation will include hands-on mindfulness activities teaching ways to incorporate practices into both personal and professional aspects of our lives. The presentation will include quizzes, polls, chat discussions, videos, and activities throughout to encourage engagement.

## Learning Objectives:

At the end of this presentation, attendees will be able to:

1. Explain what mindfulness is and identify key aspects of its history;
2. Describe the benefits of incorporating mindfulness practices in their lives; and
3. Apply mindfulness techniques to clinical practice and personal life.

## Presenter:



**Amber Cope, M.A.** earned her bachelor's degree from Towson University with a major in psychology. She went on to earn her master's degree in psychology and is currently completing a doctorate of psychology from Long Island University Brooklyn in Brooklyn, New York. Amber is currently completing her doctoral internship at the Youth Services Department. Amber has experience working with individuals and their families throughout the lifespan in various clinical and community settings. Most recently, she completed neuropsychological evaluations with cancer survivors, co-led social skills groups, and worked with youth and adolescents in residential treatment centers. Her research interests and journal publications are rooted in parent-child relationships and attachment theory, with a specific focus on play interactions between parents and their child.

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**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## **Zoom Instructions**

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### **How to Ask Questions During Zoom:**

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>