

## MINDFULNESS for PT: HOW WOULD THAT WORK?



### Course objectives

- Learn the rich history of how Mindfulness got to be the most talked about modality in medicine.
- Learn which cortical structures are affected by Mindfulness and the remarkable results.
- Understand Mindfulness mechanics for rehab.
- Learn cues to use to get your patients (and yourself) to be Mindful.



Monday	November 21	7:00 pm	PST
Thursday	December 1	12:00 pm	PST
Monday	January 9	7:00 pm	PST
Thursday	January 12	12:00 pm	PST

Melissa Krikorian is a licensed physical therapist using Cortical Field Re-Education (CFR) mindfulness training to address orthopedic issues. Providing continuing education units for physical therapists with her signature 3-Day CEU weekends in Neuroplasticity, she teaches internationally, at Esalen Institute in Big Sur and has a private practice in Westlake Village, CA.

**1 Hour Webinar**  
**1 Continuing Education Contact Hour for CA PTs**  
**TUITION: \$25**

**CLICK HERE TO REGISTER**

From pop-science articles in *The New York Times* to hard core research journals like *Nature/Neuroscience*, Mindfulness is getting a lot of press. Mindfulness is defined as paying attention, on purpose, in the moment, without judgement, according to Dan Siegel. Dan Siegel, MD is a *NY Times* Bestselling and prolific textbook author, UCLA NIH Fellow and stage partner with the Dalai Lama. How could something so simple be making such big waves in neuroscience and Medicine? Because it is so easily accessible to every person. Humans even have special neurons called Von Economos that wire us for Mindfulness. Mindfulness practices are making brain-changes that drugs, expensive equipment and surgery can't touch. (You'll get the research.) This one hour webinar will lay the foundation for understanding the history and beginning neuro-mechanics of Mindfulness plus simple applications that you can start with. You'll even get a mp3 download that will turn your patients pelvic tilt into a meditation itself.