

**THE SCIENCE AND PRACTICE
OF MEDITATION**

Monday Evenings,
October 15 - November 12, 2012
7:00-9:00 p.m.

Deadline for registration is October 5, 2012.
Later registrations will be accepted,
space permitting.

Title _____

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Circle One: Home / Office / Cell

E-mail _____

Online Registration:

Visit www.pts.edu/CE_Registration to
pay by credit card (Visa, MasterCard, or
Discover).

Registration by Mail:

Return this form and your check for \$180
payable to "PTS" to:

Office of Continuing Education
Pittsburgh Theological Seminary
616 N. Highland Ave.
Pittsburgh, PA 15206

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CONTINUING EDUCATION
FOR PSYCHOLOGISTS, SOCIAL WORKERS,
AND THERAPISTS

**THE SCIENCE
AND PRACTICE
OF MEDITATION**

**JON SPIEGEL, PH.D. AND
GREG SIEGLE, PH.D.**

**FIVE MONDAY EVENINGS
OCTOBER 15 - NOVEMBER 12, 2012
7:00-9:00 p.m.**



PITTSBURGH
THEOLOGICAL
SEMINARY

Continuing Education Office
616 North Highland Avenue
Pittsburgh, PA 15206

THE SCIENCE AND PRACTICE OF MEDITATION

The National Institutes of Health reports that more than 50 percent of Americans are practicing techniques which evoke meditative states. Dr. Herbert Benson, professor of medicine and founder of the Benson-Henry Institute for Mind Body Medicine at Harvard University, notes that 55 percent of physicians use some form of relaxation training with their patients. In addition, Integrative Medicine departments in hospitals across the U.S. teach patients some form of mindfulness meditation.

This course will have three areas of focus: 1) Presenting scientific evidence that supports the use of meditation in clinical settings; 2) Learning meditation fundamentals in a clear, coherent, and ethically sound manner; and 3) Presenting practical steps for teaching meditation fundamentals to clients.

Each class will have two sections. In the first section, there will be presentations on the science of meditation featuring local university scientists. The second section will focus on learning meditation techniques for ourselves and our clients.

OBJECTIVES

At the end of this course, participants will be able to:

- * Describe recent research being done in the area of meditation and psychotherapy;
- * Practice techniques for developing or enhancing meditation fundamentals; and
- * Teach meditation to clients in clinical settings.

INSTRUCTORS



Jon Spiegel, Ph.D. is a psychologist in private practice since 1976 and the clinical director of Spiegel/ Freedman Psychological Associates. Dr. Spiegel has been teaching and supervising psychotherapists for the past 30 years. His post-doctoral work was in mythology and comparative religion. Dr. Spiegel is the co-founder of the Program in Spirituality and Psychology at PTS. He is a clinical assistant professor of psychiatry at the University of Pittsburgh School of Medicine.



Greg Siegle, Ph.D. is an associate professor of psychiatry and psychology at the University of Pittsburgh. His research examines neurophysiological substrates of cognition and emotion in depression and anxiety through the lifespan using self-report, behavioral, physiological, and neuroimaging (fMRI) assessment, as well as computational modeling.

Additional Lecturers

- David Creswell, Ph.D., assistant professor of psychology, Carnegie Mellon University
- Carol Greco, Ph.D., assistant professor of psychiatry, University of Pittsburgh
- Natalia Morone, M.D., assistant professor of medicine, University of Pittsburgh

COURSE SCHEDULE AND COST

Five Monday evenings, 7:00 - 9:00 p.m.
October 15 - November 12, 2012
\$180 per person

CREDITS

10.0 Continuing Education (CE) credits
Psychologists: Pittsburgh Theological Seminary is approved by the American Psychological Association to sponsor continuing education for psychologists. PTS maintains responsibility for this program and its contents.

Social Workers, Marriage and Family Therapists, and Professional Counselors:

You can receive CE credits from CE providers approved by APA. Since PTS is approved by APA to sponsor continuing education, licensed social workers, licensed clinical social workers, licensed marriage and family therapists, and licensed professional counselors will be able to apply course credits toward their CE requirements.

REGISTRATION

Deadline: October 5, 2012

Later registrations will be accepted, space permitting.

Mail completed form along with fee to:

Office of Continuing Education
Pittsburgh Theological Seminary
616 N. Highland Ave.
Pittsburgh, PA 15206

Phone: 412-924-1345

Online: www.pts.edu/CE_registration

CANCELLATION POLICY: Course fees minus a \$25 administrative fee will be refunded for cancellations before October 9, 2012. No refunds for cancellations after that date.