

MEDITATION ELECTIVE FOR APA CE CREDITS



Pittsburgh Theological Seminary will offer “The Science and Practice of Meditation,” a

continuing education elective for psychologists, therapists, and social workers. Jon Spiegel and Greg Siegle will lead the course held five Monday evenings Oct. 15-Nov. 12 from 7:00-9:00.

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.

Registration fee is \$180 for the five classes. Ten CEs are available. Contact the Office of Continuing Education at 412-924-1345 or ConEd@pts.edu with questions.

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Brochure

Pittsburgh Theological Seminary is a graduate professional institution of the Presbyterian Church (U.S.A). Founded in 1794, the Seminary is located in Pittsburgh, Pa. and more than 300 students are enrolled yearly in the degree programs. The Seminary prepares leaders who proclaim with great joy God’s message of good news in both word and deed. PTS is rooted in the Reformed history of faithfulness to Scripture and commitment to the Gospel of Jesus Christ.

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Pittsburgh Theological Seminary
616 North Highland Avenue
Pittsburgh, PA 15206
Phone: 412-362-5610



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