

**Mind-Body Therapy:
Body-Centered Therapy and Psychotherapeutic Bodywork**

Presented by Shawn Kent, MA, LPC-I, RMT

First Unitarian Universalist Church of Austin, 4700 Grover Avenue

Friday, November 17, 2006, 9:00 a.m. check-in, 9:30 a.m. – 12:30 p.m. workshop

Learning Objectives:

1. Participants will develop a clear understanding of the interdependence of mental, emotional, and sensory processes.
2. Participants will develop an integrated appreciation for their own life experience and self-care.
3. Participants will learn some of the basic theory and application of mind-body therapy.

About the Workshop:

This workshop will close the gap between research and application in order to make mind-body approaches more accessible to psychotherapists, massage therapists, physical therapists, and other professionals interested in integrated approaches to mental health. During the presentation participants will explore modern advances in our understanding of psychophysiology, and its application in therapy. Several body-centered approaches to therapy will be discussed, including theoretical perspectives, research into various techniques, and practical applications.

Continuing Education Credits:

This program is approved for 3 hours of continuing education for social workers, psychologists, licensed professional counselors, and marriage and family therapists. A certificate will be awarded at the end; no credit will be given for partial attendance.

Location: First Unitarian Universalist Church of Austin, 4700 Grover Avenue, Austin, TX 78751.

From Mopac: Exit 45th St and go east. At Burnet Rd turn left, at 49th St turn right, at Grover Ave turn right. **From IH-35:** Exit Airport Blvd and go west. At 45th Street turn left, at Burnet Rd turn right, at 49th St turn right, at Grover Ave turn right.

Note: No registration confirmation will be sent. Call June Martinez at 512.451.2242 for more information or to confirm your registration. Cancellations with a full refund must be made by November 14.

WORKSHOP REGISTRATION FORM: Mind-Body Therapy

Name: _____	CHECK ONE (Includes light breakfast): <input type="checkbox"/> \$50 Registration Fee <input type="checkbox"/> \$45 Group Rate (3+ from same agency) <input type="checkbox"/> \$35 Student Rate* (Limited spots)
Organization (if any): _____	
Address: _____	
City/State/Zip: _____ Phone: _____	
*School (to qualify for student rate): _____	
Email (To receive email reminder & directions): _____	

Make check payable to ACGC or pay by Visa, Mastercard, Discover, or American Express:

Card #: _____ Exp Date: _____ Signature: _____

Please return with payment by mail or fax.

Mail: ACGC, 810 W. 45th Street, Austin, TX 78751. Fax: 512.454.9204.

Registration can also be accepted by phone with a credit card payment; please call June Martinez at 512.451.2242.

SPACE IS LIMITED - PLEASE REGISTER BY NOVEMBER 14, 2006

Austin Child Guidance Center presents

Mind-Body Therapy: Body-Centered Therapy and Psychotherapeutic Bodywork

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9:30 a.m. – 12:30 p.m.

First Unitarian Universalist
Church of Austin
4700 Grover Avenue



Presented by
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RMT

3 hours of CEUs available

www.austinchildguidance.org



HELPING CHILDREN NAVIGATE LIFE

810 W. 45th Street
Austin, Texas 78751

About the Presenter: Shawn Kent, MA, LPC-I, RMT is committed to helping people deal with suffering, both emotionally and physically, and is a licensed professional counselor-intern and a registered massage therapist. Shawn helps children, adolescents, and families as a psychotherapist at Austin Child Guidance Center and a mentor with Communities In Schools. His previous work experience includes Communities In Schools, Austin State Hospital, Kids Exchange, and MHMR. He received a Master of Arts degree in counseling from Texas State University and completed his undergraduate work at The University of Texas at Austin double majoring in psychology and humanities. In 2001 he became a licensed massage therapist after attending the Lauterstein-Conway Massage School and currently has a private practice.

About Austin Child Guidance Center: Established in 1951, Austin Child Guidance Center is nonprofit organization dedicated to improving the mental health of children up to age 17 and their families through early intervention, diagnosis, and treatment. Social workers, counselors, psychologists, and psychiatrists provide a continuum of mental health services.