



FRIDAY, MARCH 2, 2018 - 8:00 AM – 10:00 AM
EARLY BAKER
4025 E. CHANDLER BLVD.
PHOENIX, AZ 85048

COFFEE BREAK NETWORKING

Join Arizona Counselors Association for a Coffee Break Networking opportunity. Our informative sessions allow you to network with counseling professionals and earn a CE credit hour while taking a coffee break.

“The 5 Reasons for Mindfulness – and why we (might) avoid it” – Presented by Kelly Hurley

We all know mindfulness is good. Our instincts, the research & articles, and anytime we’ve practiced mindfulness tells us that this is a great skill, and what keeps us from using it ourselves and teaching clients to use this amazing skill? Why don’t follow up with clients if we give this as a homework assignment? Let’s all practice some mindfulness and explore anything that’s getting in the way.

Kelly Hurley is a skilled trainer & supervisor in several areas; Compassion Fatigue, DBT, Mindfulness, PTSD and Prolonged Exposure. She has been a Licensed Professional Counselor since 2006 working with those suffering with Depression, Anxiety, PTSD, bipolar and Borderline Personality Disorder. Kelly has been counseling and providing supervision for therapists working toward licensure for many years using Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT) and Eye Movement Desensitization & Reprocessing (EMDR). She received her Master of Arts in Counseling Psychology from Northwest University in 2003.

**Network with
colleagues**

RSVP online

**Free for members
\$25 for non-
members**

Earn 1 CE hour

Date & Location:

Friday

March 2, 2018

Early Baker

4025 E. Chandler Blvd.

Phoenix, AZ 85048

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