

**All workshop attendees are cordially invited to join Dr. Block and the MBB Charity on Friday, May 18<sup>th</sup> for a special Dinner and Discussion**

Workshop attendees are invited to join us on Friday, May 18th, at 5:30pm at the University of Utah, College of Social Work for a special dinner and two-hour "think-tank" discussion with Dr. Block and others regarding the development of a new Clinician Guide to MBB Theory and Application.

Please RSVP when you register to:

[kevin@mbbcharity.org](mailto:kevin@mbbcharity.org)

PLACE  
STAMP  
HERE

**MBB Charity**  
P.O. Box 501  
Copalis Beach, WA 98535

**MBB Charity**  
&  
**Equinox Counseling**

present a free  
two-day workshop  
(14 CEUs approved by NASW)

**Mind-Body Bridging:  
Origin, Theory, and Practice**

featuring  
Stanley H. Block, M.D.  
Don Glover, PhD, LCSW  
Derrick Tollefson, PhD, LCSW  
Kevin Webb, LCSW

**May 18 & 19, 2018**  
University of Utah,  
College of Social Work  
395 S. 1500 E.  
Salt Lake City, Utah





Mind-Body Bridging is backed by a dozen peer-reviewed professional publications in both academic and medical journals, along with five workbooks, two books, and a third book pending.

Mind-Body Bridging has been shown to reduce alcohol and drug cravings, improve sleep, decrease the impact of past trauma, decrease self-reported symptoms of depression and post traumatic stress, assist in pain management, increase feelings of well-being, improve over-all levels of self-compassion, and decrease recidivism rates of domestic violence.

## Mind-Body Bridging: Origin, Theory, and Practice

This exciting two-day workshop will explore the origin, theory, and practice of Mind-Body Bridging, a transdiagnostic, psycho-therapeutic and psycho-educational modality.

### Come explore:

- the theoretical foundations of Mind-Body Bridging
- the model of the mind, as well as the collective theory behind Mind-Body Bridging
- the application of Mind-Body Bridging tools and techniques at the Micro (individual health and mental health applications), Mezzo (group and neighborhood applications, including conflict resolution), and Macro levels (community, societal and global applications, including exploring the collective and its impact on social problems and promoting change)
- adapting and customizing Mind-Body Bridging applications at Micro, Mezzo, and Macro levels

## The Agenda

### Friday, May 18th, 8am-5pm (7 CEUs):

- *Philosophical Foundations of Mind-Body Bridging: The Net of Existence*
- *Philosophical Foundations of Mind-Body Bridging: Functioning of the Net of Existence*
- *Theory and Application of Individual Mind-Body Bridging Practice*
- *Theory and Application of Collective Mind-Body Bridging Practice*

### Saturday, May 19th, 8am-5pm (7 CEUs):

- *Methodology for Individual Mind-Body Bridging Practice*
- *Methodology for Collective Mind-Body Bridging Practice*
- *Social Work Applications of Individual and Collective Mind-Body Bridging Practices*
- *The Future of Mind-Body Bridging*

### Mind-Body Bridging is Evidence-Based

Mind-Body Bridging is certified as an evidence-based intervention by the Substance Abuse and Mental Health Services Administration (SAMHSA), an agency within the U.S. Department of Health and Human Services.

The Mind-Body Bridging Substance Abuse Program and the Mind-Body Bridging Sleep Program are officially listed on the National Registry of Evidence-based Programs (NREPP).

## Register Now!

**Attendance is FREE, but is limited to the first 40 registered participants, so don't wait!** Admittance will be on a "First come, first served" basis.

***This program is approved by the Utah Chapter, National Association of Social Workers for 14 CEUs.***

A catered lunch will be provided both days.

Tea and Coffee will be provided in the mornings and during breaks.

## To Register

Simply email the following to [kevin@mbbcharity.org](mailto:kevin@mbbcharity.org):

- Your Name
- Credentials and/or State Licensure
- Your email and mailing addresses
- Your phone number
- Your commitment to attend both days
- Any dietary restrictions (for lunch)