



Teaching Mindfulness: Bringing Mindfulness into Individual Therapy

Jonathan Westman, Ph.D. and Alexia Holovatyk, Ph.D.

**Live Interactive Webinar: Friday April 21, 2023 9:00-10:30AM PT
1.5 CEs provided**

Webinar objectives:

1. Identify the four foundations of mindfulness;
2. Explain similarities and differences between formal and informal mindfulness practices;
3. Utilize two short mindfulness practices.

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Dr. Jonathan Westman a licensed psychologist and co-founder of Cypress Mental Health, a private practice in Beverly Hills specializing in the treatment of anxiety and sleep disorders. He completed his post-doctoral fellowship in mindfulness-based interventions at VA West Los Angeles, and was certified in the VA CALM mindfulness facilitator training course. Dr. Westman is also a lecturer in the UCLA Department of Psychology.



Dr. Alexia Holovatyk is founder and licensed clinical psychologist at Live Well Psychology Group in Santa Monica. She specializes in chronic health issues, grief, and women's issues. She received additional certifications, such as the VA CALM mindfulness facilitator training as well as a 200-hour yoga teaching certification to deepen her understanding of the mind-body-spirit connection.



Discussant: Dr. Emily Owens

Clinical Psychologist, CBA
Director, Cognitive Behavior Therapy Institute
Diplomate, Academy of Cognitive and Behavioral Therapies
Assistant Clinical Professor, Dept. of Psychology, UCLA

Drs. Westman and Holovatyk have not received any commercial support for this program or its contents and will not receive any commercial support prior to or during this program.

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Joel L. Becker, Ph.D., Founder and Director

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