



Region 3 of the Occupational Therapy Association of California invites you to:

DATE, TIME, AND LOCATION

February 3, 2019
9:00am - 5:30pm
Monterey, CA

Hotel to be announced

Includes:

Light welcome reception
(Feb. 2)

Light continental and lunch
(Feb. 3)



REGISTER BY:

Early bird discount:

Fri., December 21, 2018

Advance registration closes:

Tue., January 29, 2019

Online registration is available



**Rochelle McLaughlin,
MS, OTR/L, GAPS**



QUESTIONS?

Email OTAC staff at

staff@otaonline.org or call

(888) 686-3225

**SPACE IS LIMITED.
REGISTER TODAY.**

Mindfulness-based OT Retreat (7 PDUs)

Rejuvenate Yourself and Your Practice

Occupational therapy practitioners, as skilled professionals, often work in high-demand settings with a wide range of populations and complex diagnoses. It is not uncommon for practitioners to experience stress and compassion fatigue as well as physical exhaustion. This Mindfulness Retreat set in a relaxing coastal destination will help you to rejuvenate in order to elevate your therapeutic presence and be more present for yourself, family and friends.

Although the focus will be on personal self-care and rejuvenation you will also learn simple tools that you can immediately utilize in your daily life and practice. *Come enjoy this shared experience in mindfulness and become a more healthful individual – you deserve it!*

****This retreat fulfills one of the admission requirements for the San Jose State University's Advanced Certificate in MBOT program.***

See page two for Rochelle McLaughlin's bio and retreat agenda.

REGISTRATION FORM

One form per person. Please type or print clearly. Incomplete forms will not be processed.

EARLY BIRD	<input type="checkbox"/> \$169 OTAC MEMBERS	<input type="checkbox"/> \$189 NONMEMBERS	<input type="checkbox"/> \$89 STUDENTS
EARLY BIRD CLOSING FRIDAY, DECEMBER 21, 2018			
ADVANCE	<input type="checkbox"/> \$189 OTAC MEMBERS	<input type="checkbox"/> \$209 NONMEMBERS	<input type="checkbox"/> \$109 STUDENTS
ADVANCE REGISTRATION CLOSING FRIDAY, JANUARY 25, 2019			
ON-SITE	<input type="checkbox"/> \$209 OTAC MEMBERS	<input type="checkbox"/> \$229 NONMEMBERS	<input type="checkbox"/> \$129 STUDENTS
ON-SITE BASED ON AVAILABILITY			

ATTENDEE INFORMATION:

Name _____

Home Address _____

City _____ State _____ Zip _____

Email _____

Telephone _____

Fax _____

PAYMENT OPTIONS: CHECK ONE

Check (make payable to OTAC) MasterCard Visa AMEX

Credit Card Number _____

Exp Date _____ VCode _____

Cardholder Name _____

Cardholder Signature _____ Date _____

SUBMIT PAYMENT:

Fax to 916/294-0415, or Mail to: OTAC, PO Box 276567, Sacramento, CA 95827

REGISTER ONLINE: www.otaonline.org/education/mindfulness-based-ot-retreat



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**Rochelle McLaughlin,
MS, OTR/L, GAPS**

**Founding director and lead instructor for the Advanced Certificate in Mindfulness-based Occupational Therapy (MBOT)*, launching in the Spring of 2019 at San Jose State University*

Mindfulness-based OT Retreat (7 PDUs)

Presenter: Rochelle McLaughlin, MS, OTR/L, GAPS

Rochelle McLaughlin, MS, OTR/L, GAPS, is the founding director and lead instructor for the Advanced Certificate in Mindfulness-Based Occupational Therapy (MBOT) Program open to all healthcare practitioners worldwide launching in the Spring of 2019 at San Jose State University (SJSU).

She earned an MS in occupational therapy from SJSU in 2000, and received a certification to teach Mindfulness-Based Stress Reduction (MBSR) from the University of Massachusetts Medical School's Center for Mindfulness. McLaughlin is a certified Gut and Psychology Syndrome (GAPS) practitioner, has completed advanced studies in humanistic psychology, and is a certified yoga instructor. She has taught MBSR and MBOT to several hundred participants for the SJSU Department of Occupational Therapy since 2009 and she regularly leads retreats on integrating mindfulness into healthcare.

McLaughlin has personally and professionally experienced and witnessed the integration of mindfulness meditation practice as an extraordinary healing balm for the heart, body, mind, and soul as well as a practice of transforming relationships to self and other. She has woven mindfulness into patient care settings such as mental and physical disabilities, pediatric care, cancer care, and chronic pain.

Her teachings are rooted in her own embodied experiences of the transformative power of mindful awareness practices and she looks forward to the ongoing collective and collaborative journey weaving mindfulness into healthcare through our unique experience and expression of these profound and personal practices in our lives.

MINDFULNESS-BASED OT RETREAT AGENDA (subject to modifications)

Saturday, February 2, 2019

6:30pm – Networking Reception with light refreshments (optional)

Sunday, February 3, 2019

9:00am – Registration Check-in with light continental and networking

9:30am – Awareness of Breath: Experience this formal mindfulness practice

10:00am – Introduction of Mindfulness

11:00am – Awareness of Body and Mind Guidance: Formal lying yoga practice

12:00pm – Mindful Listening and Community Practice: A small group check-in

12:30pm – Mindful Lunch

1:30pm – Body Scan and Body Awareness Practice: A formal mindfulness practice

2:30pm – Mindful Listening and Communication Practice: A large group check-in

3:30pm – Integrating Mindfulness into Your Daily Life and OT Practice: Simple tools you can use

4:30pm – Awareness of Breath as an Anchor for Your Awareness: Formal mindfulness practice

5:00pm – Wrap-up: sharing of thoughts and questions

5:30pm – End of Program