



Addressing Substance Use Disorders Through Interprofessional Collaborative Practices

December 7 – 8, 2015 | Newark, Delaware

WORKSHOP RESOURCES

Related Workshops

Mindfulness & the Counselor: A Way of Being

Mindfulness & Addiction: Strengthening Recovery

Description	Website Link
Center for Mindful Eating	http://www.thecenterformindfuleating.org/
American Mindfulness Research Association	https://goamra.org/
Mindfulness Research Monthly – a free publication from American Mindfulness Research Association	https://goamra.org/publications/mindfulness-research-monthly/
Mindfulness Institute , Jefferson University Hospitals	http://hospitals.jefferson.edu/departments-and-services/mindfulness-institute/
The Penn Program for Mindfulness	http://www.pennmedicine.org/mindfulness/
Mindful , online resources for all levels of experience with Mindfulness	http://www.mindful.org/
Center for Mindfulness in Medicine, Health Care, and Society	http://www.umassmed.edu/cfm/
Mindfulness-Based Stress Reduction , National Center for Complementary and Alternative Medicine (NCCAM)	https://nccih.nih.gov/taxonomy/term/228
Mindfulness Exercises: How to Get Started , Mayo Clinic	http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Substance Abuse
and Mental Health Training Office



Central East (HHS Region 3)

ATTC

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