

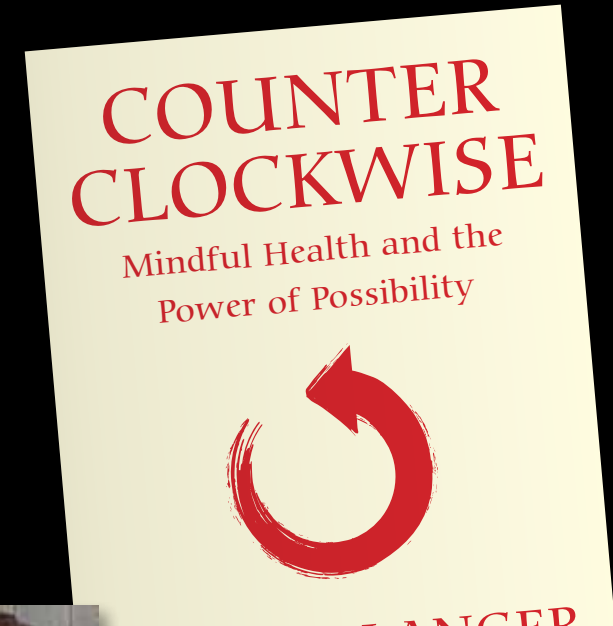
Brigham Young University
COUNSELING WORKSHOP
 Friday, March 4, 2011

MINDFUL HEALTH

and the

POWER OF POSSIBILITY

*A full-day workshop based on
 Dr. Langer's research*



KEYNOTE SPEAKER
DR. ELLEN J. LANGER
 HARVARD PROFESSOR OF PSYCHOLOGY
 AUTHOR OF MINDFULNESS



Sponsored by BYU Counseling and Career Center and BYU Conferences and Workshops

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Brigham Young University
 Counseling Workshop
 Conferences and Workshops
 169 Harman Continuing Education Building
 Provo, UT 84602

BYU COUNSELING WORKSHOP REGISTRATION FORM

Please Print

*BYU Net ID:

Last Name:

First Name:

Address:

City:

State: Zip Code:

Telephone Number:

E-mail Address:

*Date of Birth:

*Information required for university credit or
 BYU Benefited Employee/Spouse Registration

Regular Registration Section:
 (lunch and refreshments included):

- \$215 Noncredit registration
 BYU credit registration
- \$235 1/2 credit CPSE 589R (pass/fail)
 BYU credit registration
- \$235 1/2 credit CPSE 589R (letter grade)

Graduate Student Registration:
 (lunch and refreshments included):
 * Student ID will be required at check-in.

- \$80 Noncredit registration
 BYU credit registration
- \$110 1/2 credit CPSE 589R (pass/fail)
 BYU credit registration
- \$110 1/2 credit CPSE 589R (letter grade)

BYU Benefited Employee/Spouse Registration:
 (lunch and refreshments included):

- I may be eligible for employee tuition benefits
 through the BYU Benefits Office. (Please call
 Benefits Services at [801] 422-4716 if you
 have questions about eligibility.)

Payment:

- Charge my VISA MasterCard Discover
- Card #:
- Exp. Date:
- Check (payable to BYU in U.S. currency)

Total amount enclosed : \$

Send completed registration form and payment to:
BYU Counseling Workshop, 169 Harman
 Continuing Education Building, Provo, UT 84602

VRP 2011CW(806)



BYU COUNSELING WORKSHOP 2011

Register today at: *counseling.byu.edu*

PRESENTER

Dr. Ellen J. Langer, Ph.D.

Ellen Langer, Ph.D., one of the most creative social psychologists of this generation, is a renowned and highly respected presenter from Harvard University. She will be speaking about her latest research and her most recent book, *Counter Clockwise*, which investigates how our minds and bodies are connected and affect our overall health.

In 1979 Dr. Langer began her landmark “counter-clockwise” study, in which she had a group of elderly men live for a week as though it were 1959. She found that the elderly men appeared to grow younger and that their overall health had improved in several ways by the end of the week. She has continued in this line of research, finding that the secret to growing and feeling younger lies in “being aware of the ways we mindlessly react to cultural clues.” To become aware of environmental and cultural clues is to live “mindfully.”

Our minds have incredible power over our bodies. Because of this mind-body connection, our minds have the ability to improve our health if we live mindfully, and to cause a decline in our health when we live mindlessly (taking in information without questioning it). Langer’s research has verified that as we become mindful, as we reorient our attitudes and beliefs and make subtle changes to our environment, these changes transform our lives and we have better mental and physical health. Her research in the “counter-clockwise” experiment holds stirring implications for health factors such as vision, weight, heart, aging, cancer, and our perceived levels of overall happiness.

Langer’s work, as well as important work from other researchers, is based on scientific studies that have found that the quest for certainty in medical diagnosis and treatment can be limiting when it comes to potential solutions to mental and physical illnesses. For example, in one study she found that merely changing word choices can result in health benefits. Cancer patients who use the word “cured” instead of the word “remission” to describe their stabilized condition were found to have better physical health and function, less pain and fatigue, less depression, and more hope for the future than patients who viewed their cancer as “in remission.”

Further, Langer has found that the labels doctors often use in their daily practice often are followed by hypothesis-confirming searches by patients that result in their feeling worse and experiencing an increase in health problems.

In this presentation, Langer will discuss her research as well as other important research in this field. She will help us to learn how to take an approach to life that is more mindful, challenging cultural and environmental beliefs and attitudes in an effort to improve our physical and mental health. Through her research, she has found ways in which we can help ourselves and our patients turn back the clock, both psychologically and physically.

TENTATIVE SCHEDULE

Friday, March 4, 2011

The Strength of Mindfulness and the Power of Possibility.

“If we could turn back the clock psychologically, could we also turn it back physically? For more than thirty years, award-winning social psychologist Ellen Langer has studied this provocative question, and now has a conclusive answer: opening our minds to what’s possible, instead of clinging to accepted notions about what’s not, can lead to better health at any age.” (Counter Clockwise)

Topics

- How mindfulness can impact physical and emotional health.
- The Power of Possibility: Understanding the power of the mind over the body and vice versa.
- Social Constructs of emotional and physical health.
- Understanding how current health labels and stereotypes influence us to become “mindless” rather than “mindful.”
- How to help your clients become “Health Learners” where they understand how to monitor their own health through mindfulness.

Agenda

8:00	Registration
8:30 – 10:00	Mindlessness vs. Mindfulness <i>Interpersonal Mindfulness</i>
10:00 – 10:20	Break
10:20 – 12:00	Mindfulness and Health <i>How Mindfulness can change our emotional and physical health</i>
12:00 – 1:30	Lunch
1:30 – 2:30	The Psychology of Possibility <i>Understanding the mind-body connection</i>
2:30 – 2:50	Break
2:50 – 4:30	Becoming Health Learners <i>Lifelong Health and Well Being</i>
4:30 – 4:45	Break
4:45 – 6:00	Question and Answer with Ellen Langer

Resources and Readings

Please refer to BYU Web Page for resources and readings <http://ce.byu.edu/cw/cwcourse/> or visit <http://www.ellenlanger.com/about/>.

Potential Overflow Seating

The room capacity for this conference is 296; guaranteed seating is given to the first 50 graduate students who register. Once room capacity has been reached, all other registrants will be seated in a nearby video overflow area.

Who May Attend

The BYU Counseling Conference is open to men and women age 18 and above. Logistical and safety constraints will not allow us to accommodate nursing infants or young children in any conference sessions.

GENERAL INFORMATION

Presenter Bio

Dr. Ellen Langer is a professor in the Psychology Department at Harvard University. Her books written for general and academic readers include *Mindfulness*, *The Power of Mindful Learning*, *On Becoming An Artist*, and *Counter-clockwise*.

Dr. Langer has described her work on the illusion of control, aging, decision-making, and mindfulness theory in over 200 research articles and six academic books. Her work has led to numerous academic honors including a Guggenheim Fellowship, the Award for Distinguished Contributions to Psychology in the Public Interest of the American Psychological Association, the Distinguished Contributions of Basic Science to Applied Psychology award from the American Association of Applied & Preventive Psychology, the Adult Development and Aging Distinguished Research Achievement Award from the American Psychological Association, the James McKeen Cattell Award, and the Gordon Allport Intergroup Relations Prize.

The citation for the APA distinguished contributions award reads, in part, “...her pioneering work revealed the profound effects of increasing mindful behavior... and offers new hope to millions whose problems were previously seen as unalterable and inevitable. Ellen Langer has demonstrated repeatedly how our limits are of our own making.”

Dr. Langer is a Fellow of The Sloan Foundation; The American Psychological Association, the American Psychological Society, The American Association for the Advancement of Science; Computers and Society; The Society for the Psychological Study of Social Issues; The Society of Experimental Social Psychologists. In addition to other honors, she has been a guest lecturer in Japan, Malaysia, Germany, and Argentina.

Included among her books are:

Langer, E. & Dweck, C. *Personal Politics*. New Jersey: Prentice-Hall, 1973.

Langer, E. *The Psychology of Control*. Beverly Hills, CA: Sage Publications, 1983.

Langer, E. *Mindfulness*. Reading, MA: Da Capo Books, 1989. (Translated into thirteen languages.)

Alexander, C. & Langer, E. (Eds.) *Higher Stages of Human Development: Perspectives on Adult Growth*. New York: Oxford University Press, 1990.

Schank, R. and Langer, E. (Eds.) *Beliefs, Reasoning and Decision-making: Psycho-logic in Honor of Robert Abelson*. New Jersey: Erlbaum Publishing, 1994.

Langer, E. *The Power of Mindful Learning*. Reading, MA: Da Capo Books, 1997. (Translated into nine languages.)

Langer, E. *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*. Ballantine Books, 2005.

Langer, E. *Counterclockwise: Mindful Health and the Power of Possibility*. Ballantine Books, 2009.

Admission and Standards

Participants of any race, color, creed, and ethnic or national origin are accepted for admission to this program provided they maintain the university standards while on campus. These include modesty in dress and conduct and abstinence from alcohol, tobacco, coffee, tea, and harmful drugs.

We are committed to providing a learning atmosphere that reasonably accommodates persons with disabilities who are otherwise qualified. Prior to registration, applicants with disabilities are invited to discuss the program content and available facilities with the program director.

Certificate of Attendance

A certificate of attendance will be available to all conference participants.

Location and Parking

The workshop will be held at the BYU Conference Center located on the corner of 900 East and University Parkway in Provo, Utah. Ample parking is available free of charge in the lot west of the Conference Center.

Lodging

A limited number of rooms have been set aside at a discount rate. When calling to make your reservation, mention you’re attending the Counseling Workshop at BYU.

Provo Springhill Suites 1580 N. Freedom Blvd. Provo, Utah 84601 801-373-0073

Cotton Tree Inn 2230 North University Parkway Provo, UT 84604-1509 801-373-7044

Marriott Courtyard 1600 North Freedom Blvd. Provo, Utah 84604 Phone: 801-373-2222

For tourist, dining, and other lodging information, contact the Utah Valley Convention and Visitors Bureau at 801-851-2100 or visit www.utahvalley.org.

Airport to Hotel Transportation: Express Shuttle is available to transport you to and from the airport. Their telephone number is 1-800-397-0773. (It is approximately a one-hour drive from the Salt Lake City International Airport to Provo.) We strongly encourage you to make shuttle reservations ahead of time to avoid waiting at the airport. If you choose to make arrangements upon arrival, the shuttle service counters are located near the baggage-claim area. Car rental is available at the Salt Lake City International Airport.

Credit Requirements

CEU Application has been submitted. Please see website for updates <http://ce.byu.edu/cw/cwcourse/>.

If you would like BYU credit (which will appear on a BYU transcript) please register for one of the credit options and complete the credit requirements. Those registering for credit should attend the credit information session at 8:15 a.m. on Friday, March 4, 2011. The requirements are posted on the Counseling Workshop Web site at <http://ce.byu.edu/cw/cwcourse/>.

To receive BYU credit for this program, students should be in good standing with both Brigham Young University and The Church of Jesus Christ of Latter-day Saints (if a member). All students are expected to uphold the university standards while in class.

FERPA Policy

The Family Educational Rights and Privacy Act (FERPA) protects the privacy of your educational record. In order to be in compliance with FERPA, we require verification of your identity before releasing any personally identifiable or educational information to you. Please do not ask friends or family members to request this information for you.

How to Register

By Mail: Send completed registration form and payment to Counseling Workshop, 169 Harman Continuing Education Building, Provo, UT 84602.

By Phone: Call 801-422-8925 and pay with your VISA, MasterCard, or Discover card (Monday–Friday, 8:00 a.m.–5:00 p.m. [MST]).

In Person: Register in person at 169 Harman Continuing Education Building, Brigham Young University, Provo, Utah (Monday–Friday, 8:00 a.m.–5:00 p.m. [MST]). At-the-door registrations will be accepted on a space-available basis.

Online: Register over the Internet and pay with your VISA, MasterCard, or Discover card at <http://counseling.byu.edu>.

Benefits: Interested individuals who may be eligible for BYU benefits should contact Conferences and Workshop at 801-422-4716.

We cannot reserve workshop space without full payment. We encourage you to register early. The online registration deadline is Tuesday, March 1, 2011, at 5:00 p.m. (MST).

Substitutions and Cancellations

You may arrange for a substitute to come in your place at any time without penalty. A \$10 fee will be assessed for each refund requested. After the conference begins on March 4, 2011, no refund can be given. You will receive a full registration refund if the program is canceled for any reason. The university will not be responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions.