

KEN VANDERLIP, PH.D.
SUSIE VANDERLIP, CSP, CPAE



Mindfulness and the Way of a Compassionate Warrior

Ken Vanderlip, Ph.D. & Susie Vanderlip, CPAE, CSP

LOCATION

Santiago Canyon College
8045 E. Chapman Avenue
Orange, CA 92869

Workshop Description:

Description of "Mindfulness and The Way of a Compassionate Warrior":
In today's world atmosphere of extreme stress, challenges, chaotic disruptions and

fearfulness, Dr. Vanderlip and Susie Vanderlip CSP, CPAE will share and discuss critical components of Mindfulness and The Way of a Compassionate Warrior and tools and techniques on how to apply them to help ourselves as well as being more effective in helping our clients/patients. They will reinforce how critical our work is as therapist's and healthcare provider's facilitating much needed qualities in life: Resource Development and Installation (RDI), personal and relationship values, acceptance, love, health, stress management and wellbeing.

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Learning Objectives:

Participants will be able to:

- Identify the impact of trauma and stressors of addictions in a family.
- Identify their own personal stressors and signs of excess stress.
- List at least 3 key elements of Mindfulness.
- Describe and utilize "Emotional Self-Defense" & Fearlessness as Therapists.
- Select at least two De-Stress for Success® Resourcing tools for self & clients –"Self-Care" - elements of Mindfulness and being a "Compassionate Warrior".
- List and describe elements of "Mindfulness and The Way of a Compassionate Warrior" that can help them reduce burnout and increase their longevity and effectiveness as a psychotherapist and in life.

UPCOMING WORKSHOP DATES

DATE
Feb 7, 2020

6 CE hours
available

DATE
May 8, 2020

6 CE hours available

DATE
Sep 11, 2020

6 CE hours
available

Early Bird Before
11/29/2019:
\$199.00
Standard Pricing:
\$219.00

Early
Bird Before 2/28/20: \$199.00
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PRESENTERS

Ken Vanderlip, Ph.D. & Susie Vanderlip, CPAE, CSP



Ken Vanderlip, Ph.D. is a clinical psychologist with over 30 years' experience in private practice with specialties in: Stress and stress related disorders, Peak Performance, and PTSD. He is a Certified EMDR Therapist, as well as an Approved Consultant for EMDR and an EMDR Institute facilitator for EMDR trainings for therapists and psychologists. In addition, he has 50 years' experience in the martial art of Judo with a 6th degree Black Belt and Sensei at a dojo for over 40 years.

Susie Vanderlip, CSP, CPAE is a professional speaker, author, photographer, videographer, dancer, actress and instructor in a variety of areas. For the past 25 years, she has toured across the US and Canada to over one million youth and adults presenting school assemblies and keynoting youth and adult conferences with her original one-woman theatrical presentation Legacy of Hope® to address the emotional and social issues of youth and families – alcohol and drug abuse, teen pregnancy, gangs, self-injury, suicide, bullying, depression and more.

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