

2:15 – 3:45 p.m.

Concurrent Session 3C

**\*The Mindful Practitioner:  
Developing an Artful Contemplative Practice**

\*One (1 hour) for Social Work CEU's will be given for this session.

This workshop provides an opportunity for participants to actually experience a mindful, contemplative practice that incorporates watercolors, silence and reflection. The process brings the participants into the present moment--easily, without undo striving. "Dropping color" and paying attention to the movement and blending of color slows down the "mindlessly-chattering mind" replacing it with a more focused, mindful awareness. This meditation method has been used in professional workshops with social workers, educators, nurses, hospice workers and students and requires no art background; only an openness to the process. Paints will be used, so please bring an old shirt or something to cover your cloths. All other materials will be provided. Limited to 25 participants.

**Maureen E. Carey**, Ph. D. is a Professor of Social Work at Molloy College. She is also a practicing artist and co-author of the book that describes this process: *The Artful Journal: A Spiritual Quest* (Carey, Fox and Penney, 2002).