



***Mindfulness Training and Other Relaxation  
Techniques for Individuals and Self-Help  
Groups***

**Friday, November 20, 2020**

**8:30 AM – 12:00 PM**

**3.5 CEUs**

**\$15.00 cost if you would want credit for CEUs**

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**This workshop is geared toward Self-Help Group Leaders and members, Health Care Workers, Counselors, Nurses, Social Workers, Clergy, Case Managers, and any other professional or community members interested in learning Mindfulness Training and other relaxation techniques to help their clients or groups. Mindfulness and other calming techniques can help clients and group members reduce their anxiety and stress levels. The workshop will cover such topics as Biofeedback, Mindfulness, Breathing, Simple Meditation, Guided Imagery, and EFT techniques.**

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**Presenters:**

**Nancy Neukomm, MS, NCC, LCPC**

**Nancy has counseled hundreds of clients with multiple issues, as well as designed and facilitated a variety of educational and therapeutic groups. Nancy has helped develop and run several programs benefiting our community. These programs have encouraged individuals to resolve personal**

issues and become more independent. She has been recognized in the newspaper and on television for this outstanding work while connected with her previous employer, Prairie Center Health Systems. Nancy is an interactive, solution-focused therapist and the owner of Healthy Thoughts Wellness Center in Urbana, Illinois.

**Dr. Peter L. Patton, Ph.D.**

**Dr. Peter L. Patton received his B.S., Ed.M., and Ph.D. from the University of Illinois. Currently, he is the Self-Help Coordinator at Family Service in Champaign, Illinois and works at Healthy Thoughts Wellness Center in Urbana, Illinois, as a therapist, educator, and writer. He specializes in Biofeedback therapy and Mindfulness training. He was a Visiting Lecturer at the University of Illinois while finishing his graduate degree and was later an Assistant Professor at the University of Toledo. Dr. Patton was the Crisis Line Supervisor in Champaign, Illinois for two years and was responsible for recruiting, training, supervising, and scheduling the volunteers who manned the crisis line.**

**Agenda**

**Join Virtually - 8:30 AM – 8:45 AM**

**Mindfulness, Breathing Exercises, Progressive Muscle Relaxation, Six Simple Meditation Techniques – 8:45 AM - 10:00 AM**

**Break - 10:00 AM -10:15 AM**

**Guided Imagery, EFT, Biofeedback, Seven Proven Benefits of Mindfulness - 10:15 AM – 11:45 AM**

**Concluding Remarks 11:45 AM – 12:00PM**

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**To register contact:**

**Dr. Peter L. Patton**

**217-352-0099 ext. 115 or [ppatton@familyservicecc.org](mailto:ppatton@familyservicecc.org)**

# *Registration Form*

## *Mindfulness Training and Other Relaxation Techniques for Individuals and Self-Help Groups*

*Friday, November 20, 2020*

*(We will send you a link once you have registered for the  
workshop.)*

**Name** \_\_\_\_\_

**Organization** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Profession** \_\_\_\_\_

### **Registration Fees**

\*\$15 CEU processing of 3.5 credits...\$ \_\_\_\_\_

(Check or cash only)

Checks can be made payable to Family Service of Champaign County and mailed to:

Family Service of Champaign County

405 S. State Street

Champaign, Illinois 61821