



*Cordially Invites You To:*

***An Introduction to Mindfulness and Related Forms of Meditation for Clients and Clinicians***

*Presented by David Zuniga, Ph.D., MDIV, MA*

*Licensed Psychologist*

**Monday, March 26, 2018, Noon – 2 PM**

Austin Public Library: Hampton Branch @ Oak Hill

5125 Convict Hill Rd., Austin, TX 78749



**Dr. David Zuniga** is a licensed psychologist in private practice in Austin, Texas. Previously, he was a faculty member in the Integrative Medicine Department at The University of Texas MD Anderson Cancer Center. He also earned a master's degree in comparative religion from Harvard, was ordained in South Korea as a Zen Buddhist priest, and worked for over a decade as a Zen/interfaith chaplain in pediatric and adult end-of-life healthcare. Dr. Zuniga also has a master's in English literature and enjoys speaking on a wide range of topics for both lay and professional audiences: [www.drdauidzuniga.com](http://www.drdauidzuniga.com).

We invite you to join us and *bring a brown bag lunch* for this professional development talk where Dr. Zuniga will provide an overview of mindfulness as a practice for both clients and clinicians. Mindfulness will be explored from many angles: as a comprehensive system of meditation, a shorter targeted intervention, and a broader approach to a wide array of life challenges. The cultural origins of mindfulness will be discussed, as well as its impact on both psychopathology and wellness. Mindfulness will also be compared to other mind/body interventions and relaxation techniques. Participants will also have the chance to do a brief, guided mindfulness exercise.

***Kindly RSVP Amy McAndrew at:***

***[outreach@ApaCenter.com](mailto:outreach@ApaCenter.com) by March 25<sup>th</sup>.***

Mental Health Professional Attendees will receive 2 Professional Development hours. The ApaCenter is approved by the Texas Psychological Association to offer professional development credits (TPA PD Endorsement Number 2015-08.)