

# The New Jersey Neuropsychological Society (NJNS)

presents our semi-annual half day program:

## Mindfulness & Neuroplasticity

**Danna Markson, LCSW, Founder and Director, Mindsoother Therapy Center**

A definition of neuroplasticity is "the brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment." Basically, neuroplasticity is the brain's ability to reorganize and rewire itself. Neuroplasticity makes our brains extremely resilient and allows new hope in the treatment of depression, anxiety, addiction and other disorders that rely on changes in cognition and behavior to achieve symptom relief. Through the practice of Mindfulness, "paying attention, in a particular way, on purpose, in the present moment, non-judgmentally, we can train our brains to focus in a calm state and on the results we desire". Mindfulness helps fire our neurons in a positive direction, achieving neuroplasticity. This workshop will explore the connection between Mindfulness and Neuroplasticity and how clinicians can help clients achieve lasting change. It will incorporate experiential exercises for increased understanding of and Mindfulness practice.

**Friday, March 31, 2017: 1:00pm – 4:00pm**

Registration and a light lunch will be served beginning at 12:30pm; Workshop will begin promptly at 1pm

\* All disciplines are invited

### Location

**Children's Specialized Hospital at New Brunswick  
200 Somerset Street, New Brunswick, NJ**

Easy access by Amtrak & NJ Transit Northeast Corridor line, a few blocks from New Brunswick train station.

Parking (fee) available adjacent; Directions available at: <http://www.childrens-specialized.org/contact.asp?id=511>

### **Pre-Registration Fee: Payment Received by 3/17/17**

Members of NJNS: \$75.00

\*Student/Early Career Members of NJNS: \$35.00

Non-Members of NJNS: \$100.00

\*Student/Early Career Non-Members: \$45.00

**Registration Fee – 3/18/17 – through 3/31/17: Add \$20.00 to each category above**

Membership in NJNS is \$35.00 per year and \$15.00 for \*student/early career professionals.

Payment via PayPal can be made via the website at <http://www.njneuropsychologicalsociety.org/>  
(If registering online, please email registration form to [afarraranton@gmail.com](mailto:afarraranton@gmail.com))

\*For graduate students and early career participants (ECP) please provide documentation of status.

**Students** – Copy of unofficial transcript or letter of verification from faculty/training director

**ECP** – Permit holder (letter from supervisor) or within 2 years of graduation (copy of unofficial transcript).

3 Continuing Education (CE) Credits available for psychologists

This program is co-sponsored by the New Jersey Psychological Association and the New Jersey Neuropsychological Society. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists.

NJPA maintains responsibility for this program and its content.

**Cancellation Policy:** Membership fee is not refundable; Refund for full conference fee if cancel two weeks before conference; Refund 50% of conference fee if cancel 1-13 days before the conference; No refund if no show for conference. Registration by mail needs to be postmarked two weeks before conference date. After that date, registration will be accepted only on site with late fee. Processing Fee - \$25.00 for Returned Checks

All inquiries to: [afarraranton@gmail.com](mailto:afarraranton@gmail.com); please visit the NJNS Website at [www.njneuropsychologicalsociety.org](http://www.njneuropsychologicalsociety.org)

### REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please return registration form along with check/money order made payable to New Jersey Neuropsychological Society and mail to: New Jersey Neuropsychological Society, c/o Anne Farrar-Anton, Ph.D., 130 West Pleasant Avenue, #190, Maywood, NJ 07607