

12:30 – 2:00 p.m.

Concurrent Session 2B

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

*1.5 hours for Social Work CEU's will be given for this session.

In-Person Only

This hands-on workshop allows participants to experience a mindful, contemplative practice incorporating watercolors, silence and reflection. The process guides the participants effortlessly into the present moment. "Dropping color" and paying attention to the movement and blending of color slows down the internal self-talk 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 clothes. All other materials will be provided. Limited to 25 participants.

Dr. Katherine M. Patterson is a literacy specialist and Assistant Professor in Molloy University's Department of Education. In addition to incorporating the contemplative practice of "dropping color" as a mental wellness practice in her personal life, Dr. Patterson's current research explores mindfulness through the arts (i.e., dropping color) as a sustainable practice for college students entering service professions.