



Reducing Relapse Risk by Increasing Body Awareness Skills

Practical Tips & Research Findings for Clinicians Who Work in SUD Treatment

September 25, 2019 | 12:00-1:00pm

About the webinar

Interoceptive dysfunction, or a lack of body/sensory awareness processing, is common among people with substance use disorders (SUDs). This webinar will describe the importance of body awareness/interoceptive skills and how to use Mindful Awareness in Body-oriented Therapy (MABT) to promote emotion regulation and reduce the risk of relapse.

When: Wednesday, September 25, 2019
12:00-1:00pm (PT), 11:00am-12:00pm (AKT)

Presenter: Cynthia Price, PhD

Cost: Free ([registration required](#))

Technology: This webinar will use the [Zoom](#) platform. Instructions on how to connect will be provided by email when you register.

Register here: <http://bit.ly/NWATTC-Sept2019>

Contact



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About the presenter



Cynthia Price, PhD

is a Research Professor at the UW School of Nursing, Research Associate Director of the UW Osher Center for Integrative Medicine, and Director of the nonprofit Center for Mindful Body Awareness. A somatic therapist by clinical training, she teaches and researches an approach that she developed called Mindful Awareness in Body-oriented Therapy (MABT) which is designed to teach fundamental mindful body awareness skills to promote emotion regulation and self-care. Her work is based in community health and she has been funded by the National Institute on Drug Abuse and the National Center for Complementary and Integrative Health at NIH to research MABT as an adjunctive therapy for people who are in treatment for substance use disorders. She will be presenting on the use of MABT as an adjunctive treatment to reduce the risk of relapse.