



# Mindfulness-Based Relapse Prevention

November 28, 2018 | 12:00-1:00pm

## About the webinar

In this webinar, you will learn about Mindfulness-Based Relapse Prevention, an evidence-based treatment developed at the University of Washington. Mindfulness practices increase awareness of triggers, habitual patterns, and "automatic" reactions. These practices cultivate the ability to pause, observe present experience, and bring awareness to the range of choices before us.

**When:** Wednesday, November 28, 2018  
12:00-1:00pm (PT), 11:00am-12:00pm (AKT)

**Presenter:** Neha Chawla, 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-Chawla>

## Contact



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**Questions?** Email us at:

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## About the presenter



### Neha Chawla, PhD

is one of the co-creators of Mindfulness-Based Relapse Prevention and co-author of *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide*. She has facilitated numerous groups in private and community treatment settings and conducted therapist training workshops internationally, as well as authoring several articles and chapters related to using mindfulness for the treatment of addictive behavior.

Dr. Chawla is also the Founder & Director of the Seattle Mindfulness Center, which offers a variety of mindfulness classes, community meditation groups, and empirically supported mindfulness and acceptance-based treatments.