

Foundations of Embodied Mindfulness for Clinicians

Develop Presence, Awareness, and Self-Compassion in Your Clinical Practice

"Therapy informed by mindfulness practice helps us move beyond rigid theories. It teaches us how to sit with uncertainty and remain open to what unfolds in the therapeutic moment." — Fulton (2017)

Deepen Your Clinical Presence. Strengthen Your Therapeutic Attunement. Integrate Mindfulness into the Relational Field.

This 8-week continuing education program is designed specifically for psychotherapists and mental health professionals who wish to deepen and embody mindfulness within their personal and professional lives.

This is not a generic mindfulness course.

Designed for clinicians working in complex relational and trauma-informed settings, the program emphasizes direct experience and depth of personal practice. Participants are supported in cultivating greater awareness, presence, and self-compassion while exploring how mindfulness can inform therapeutic work and professional well-being.

Program Description

At OPCC, we understand mindfulness not simply as a technique, but as a way of being.

This live online continuing education program introduces participants to the foundations of embodied mindfulness and its relevance to relational and therapeutic work. Through guided practice, reflection, discussion, and experiential learning, participants will deepen their understanding of mindfulness while developing greater capacity for presence, self-awareness, and emotional regulation.

The program is grounded in experiential learning and encourages participants to integrate mindfulness practices into their daily lives and professional contexts in ways that are ethical, reflective, and personally meaningful.

Course Overview

Participants will:

- Explore the foundational principles of mindfulness
- Experience a variety of mindfulness practices and contemplative exercises
- Develop greater self-awareness and reflective capacity
- Cultivate emotional regulation and self-compassion
- Strengthen their ability to remain present with themselves and others

- Reflect on the role of mindfulness in personal and professional growth

Time Commitment and Learning Format

- 16 hours of live online learning (8 sessions × 2 hours)
- Large-group discussion and experiential learning activities
- Small-group reflection and integration exercises
- Guided mindfulness practices
- Between-session reflection and application activities

Participants are encouraged to engage in ongoing practice between sessions, including:

- 1–2 hours per week of personal mindfulness practice*
- 1–2 hours per week of reflective learning activities, readings, journaling, or exercises*

*Time commitments are estimates and may vary between participants.

Who This Program Is For

This program is designed primarily for:

- Registered Psychotherapists
- Registered Psychotherapists (Qualifying)
- Counsellors and therapists
- Mental health practitioners
- Helping professionals interested in mindfulness-informed practice
- Psychotherapy and counselling students

Individuals from other professions, or those with a personal interest in mindfulness and contemplative practice, are also welcome.

Prerequisites

None.

This program is open to individuals with all levels of mindfulness experience, from beginners to experienced practitioners.

What Participants May Gain

By the end of the program, participants may:

- Have a deeper understanding of mindfulness principles and practices
- Develop a more consistent personal mindfulness practice
- Experience increased self-awareness and reflective capacity
- Strengthen their ability to respond thoughtfully to stress and challenge

- Cultivate greater self-compassion and emotional balance
- Identify ways mindfulness may support their personal and professional development

Completion

Participants who complete the program will receive an OPCC Certificate of Completion.

Participants may also be able to claim continuing professional development (CPD) hours through their respective professional associations or regulatory bodies, subject to the requirements of those organizations.

Optional:

- Recorded access for registered participants

Investment

Early Registration — \$650 CAD

Register by **August 31, 2026**

Standard Registration — \$850 CAD

September 1 – September 30, 2026

Late Registration — \$975 CAD

October 1 – October 11, 2026

Registration Closes

October 11, 2026 at 11:59 PM ET

Program Begins: October 14, 2026

Group rates are available for agencies and organizations.

Maximum Enrollment: 18 Participants

Registration is limited to support meaningful discussion, experiential learning, and community engagement.

Professional Development Notice

This program is offered as a continuing education and professional development opportunity. It is intended for personal and professional learning and does not provide professional certification, registration, licensure, or qualification to practice psychotherapy or any other regulated profession. Participants who complete the program receive a Certificate of Completion recognizing their participation in the program.

Continuing Your Learning Journey

Foundations of Embodied Mindfulness for Clinicians serves as the introductory program in OPCC's developing mindfulness and contemplative practice series for helping professionals. Participants who complete this program will have the opportunity to continue their learning through:

Applications of Embodied Mindfulness and Compassion Training for Clinicians: Strengthening Inner Resources

This advanced-level continuing education program builds upon the foundations established in this course and explores the integration of mindfulness and compassion practices more deeply within personal and professional life.

Participants will further develop their capacity for:

- Self-compassion and emotional resilience
- Working skillfully with difficult internal experiences
- Cultivating inner resources for sustainable clinical practice
- Deepening embodied awareness and reflective capacity
- Supporting therapist well-being and professional longevity
- Integrating mindfulness and compassion into relational and therapeutic work

The next offering is anticipated to run from **May 2027 through June 2027**.

Participants who complete Foundations of Embodied Mindfulness for Clinicians will receive priority notification and early registration access when enrollment opens.