



### **“Morning Mindfulness”**

Please join us for a deeply peaceful, and instructive way to start your day. Experienced Mindfulness teacher Jerome Front, LMFT, will be guiding us in a down-to-earth, and practical experience of mindfulness. This guided meditation will provide you with a useful, mind-body process that you can use beginning today for relaxation and to manage stress. This session can also be foundational for your clinical understanding and application.

**Jerome Front, LMFT**

[www.JeromeFront.com](http://www.JeromeFront.com)

Jerome is a year-round Adjunct Professor in the Graduate School of Education and Psychology at Pepperdine University, a faculty position he has held since 1999, where he developed the “Mindfulness & Psychotherapy” Graduate Course. He has been an invited speaker / retreat leader at many national clinical forums including: the National Institute for the Clinical Application of Behavioral Medicine (NICABM), the International Psychotherapy Networker Conference, the LA County Psychologists Association, CAMFT, the Medical Social Workers Association, the ICAN NEXUS Conference, Oncology Nurses group, and the UCLA Mindfulness & Psychotherapy Conference featuring Zen Master Thich Nhat Hanh.

Jerome has taught two weekly meditation classes and maintained a clinical private-practice in Studio City since 1994. In 1995 he created and began facilitating the experiential training method called the “Mindful CEU Retreat Workshop” for helping professionals and educators in Los Angeles. For the past 18 years Jerome has been invited back to the renowned Esalen Institute in Big Sur, CA to lead an annual CEU Weekend Mindfulness Retreat for psychologists, RNs, LMFTs and LCSWs, called “Mindfulness in Deep Relationship.” To Customize a Professional Mindfulness Training for you, or your staff, please contact me at: [Jerome@JeromeFront.com](mailto:Jerome@JeromeFront.com)