Mindfulness has emerged as a topic of intense interest in the recent behavioral health literature. Evidence shows that mindfulness can provide an explanatory framework for understanding the consequences of traumatic events and that mindfulness training may provide preventive and post-exposure intervention benefits for populations at risk for traumatic experiences. In this context, it is critical that practitioners embrace a rigorous, historically informed and evidence-based conceptualization for mindfulness in order to explain and implement mindfulness-based techniques in self and clinical care.

**Mindfulness for Practitioners in Trauma-Informed Care**

**WEDNESDAY DECEMBER 4**

**1 P.M. - 2 P.M. GUA 5163**