



ARCHIVED WEBINAR:

The Mindful OT: How to Introduce Mindfulness into your Practice

Ontario Society of Occupational Therapists

PRESENTED BY: Angie Kingma, BA (Hons), BHScOT, OT Reg. (Ont.) and Gita Lakhanpal, MES, OT Reg. (Ont.)

Angie Kingma completed a Bachelor of Health Science of Occupational Therapy degree at McMaster University in 2000. Angie is a two-time guest speaker for OSOT's Mental Health Conferences in 2009 and 2011. She has an extensive background in Mindfulness Based Cognitive Therapy and programming. Gita Lakhanpal is an OT-psychotherapist who has practiced in a clinical and program planning capacity for over 15 years. Currently she is a mental health clinician at the Reitman Centre at Mt. Sinai Hospital. She obtained the specialist certificate in Applied Mindfulness Meditation from the University of Toronto.

The presenters will engage participants to:

- Learn the basic theory of mindfulness meditation
- Learn about the clinical applications of mindfulness meditation
- Review the links and 'fit' between mindfulness and OT
- Discuss the value/relevance of having your own mindfulness practice
- Receive a list of resources (ex. online tools, apps, a reading list) to begin/enhance your own practice and to use with clients
- Explore the significance of supervision with this modality

With any questions please contact the [OSOT office](#).



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