

**WASHINGTON STATE CHAPTER OF THE ASSOCIATION FOR THE TREATMENT
OF SEXUAL ABUSERS
GENERAL MEETING MINUTES
9.16.2016
12:00-2:00 P.M.**

Attendees

Paul Spizman, Jay Williamson, Myrna Pinedo, Rhiannon Brill, Andrew Morrison, Michael O'Connell, and Carole Almero

Presentation

- Michael O'Connell related the SOPB was making progress with goals for new approaches to addressing some issues. For example, they had been making progress on issues related to release of information of sexual offenders to the public. Other than comments on the SOPB, there was really not much discussion of pertinent issues.

- Mindfulness Presentation
 - Sue Neufeld Ellis
1611 116 Avenue NE, Bellevue WA 98004
425-455-4207; www.quantumhealing.us
 - This included a discussion of the history of mindfulness, addressing issues such as how aspects of mindfulness have been included in various religions, such as Christianity, and can be addressed within a religious context. Furthermore, there was a discussion of research and the effectiveness, including how it has demonstrated effectiveness in treating issues such as anxiety and depression.
 - Practice of a mindfulness exercise and a discussion regarding how to approach people with such exercises (e.g. inquiry into their state of mind following such an exercise).

(WATSA members receive 1.5 hours of continuing education credits for attending today's presentation; please retain a copy of these minutes as a record/proof of your attendance/CEUs).