



Photo Credit: Robert Roughley

Mindfulness – Opportunity for Practice

With Dr. Toupey Luft, Assistant Professor in the Addictions Counselling program in the Faculty of Health Sciences

Bring your lunch on Wednesday Oct 2, and join us from 12 – 1 PM in AH100

Dr. Luft will present research on mindfulness and considerations for its use. She will finish off the presentation with an opportunity to try some exercises and a chance to practice.

Dr. Luft has been a registered psychologist for 13 years, practicing in Alberta and in B.C. She has seen the beneficial effects of mindfulness for many of her clients and for herself over the years. This observation has led her to develop research in which she examines the use of mindfulness strategies for health professionals and how this may be linked to the provision of better care for the people they serve. Dr. Luft has been a counsellor educator for 9 years at various institutions and is happy to be at the U of L. She enjoys the outdoors, including running and gardening.