

## A note from your speaker.

I remember working as a psychotherapist in a non-profit HMO, seeing client after client. They were anxious, panic-attack prone or just unable to cope with stress. They had seen physicians with little success. I was of no help. I was stuck in a rut treating symptoms and focusing on what was wrong rather than treating them as an individual and reinforcing what was right.

Desperate to find something better for myself and my clients, I walked into a meditation class with the most amazing, dynamic and confident teacher. After one session I was more energetic, better able to cope, and found myself more attentive with my clients.

This caring and incredible instructor was Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR).

That was 30 years ago and since then, along with the help of Jon Kabat-Zinn, I have been able to transform my life and my practice, using these very principles I discovered at that yoga class back in Worcester, Massachusetts. I became an instructor alongside Jon, started my own practice, and was beginning to see incredible treatment outcomes with my clients. I was feeling energetic and confident in myself and my clinical work.

Then in 1995 I was diagnosed with cancer. I put Mindfulness-Based Stress Reduction to the test and experienced first-hand how to handle the pain and stress of chemotherapy and all that goes with a stem cell transplant.

My personal and clinical experience with this evidenced-based approach led to the development of mindfulness-based interventions for bone marrow transplants at the University of Massachusetts Medical Center, Emory University, and the Dana Farber Cancer Institute.

Mindfulness-Based Stress Reduction changed my life and has changed the life of many of my clients. I want to share these strategies with you.

These tools are powerful and simple, to see for yourself, go to [www.pesi.com/go/elana](http://www.pesi.com/go/elana) where I have posted a FREE technique for you to use with your clients. Go now, it will only be available for the next two weeks, and if you like it...I hope to see you soon at my Course.

Here's to healing,  
**Elana Rosenbaum**

## Learning Outcomes

1. Present the core beliefs of Mindfulness Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
3. Implement various mindfulness practices utilized to decrease stress and improve symptomatology.
4. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
5. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
6. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
7. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
8. Evaluate the use of interpersonal mindfulness in facilitating effective communication and increasing awareness in the client.
9. Appraise the applicability of neuroscience research to stress reduction and ascertain its clinical implications.
10. Determine specific adaptations of MBSR practices that can be utilized to treat symptoms of anxiety, depression, addiction and trauma.
11. Establish MBSR practices that are developmentally appropriate and effective for children and adolescents.
12. Articulate the methods by which MBSR can be interfaced with psychotherapy practices to improve clinical outcomes.

## Speaker

**Elana Rosenbaum, MS, LICSW**, has been integrating mindfulness with psychotherapy for over 30 years. She is a leader in the clinical application of mindfulness meditation to cancer care and is a pioneering teacher of Mindfulness-Based Stress Reduction at the Center for Mindfulness, the University of Massachusetts Medical School. She has authored, *Here for Now: Living Well with Cancer through Mindfulness and Being Well (even when you're sick): Mindfulness Practices for People Living With Cancer and Other Serious Illness*.

Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought after mindfulness coach, teacher, speaker, Course leader and research consultant. She has been featured in "Chronicle" on CBS and mentioned in many magazine articles including *Yoga Journal*, *Health*, *Coping*, and the PBS audio series, "Walking through the Storm". She is currently working on her third book, a workbook of mindfulness exercises for optimal living.

Speaker Disclosure:

Financial: Elana Rosenbaum maintains a private practice. She receives royalties as an author for Shambhala and Satya House Publications. Ms. Rosenbaum receives a speaking honorarium from PESI, Inc.

Non-financial: Elana Rosenbaum has no relevant non-financial relationship to disclose.

FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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# MBSR

 Mindfulness Based Stress Reduction

Presented by **Elana Rosenbaum**, MBSR Expert

FAIRFAX, VA  
Thursday & Friday  
May 9 & 10, 2019

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Thursday & Friday  
May 9 & 10, 2019

Presented by  
**Elana Rosenbaum**,  
MBSR Expert and author of  
*The Heart of Mindfulness-based Stress Reduction* book



"Elana Rosenbaum embodies in herself everything she teaches to others."

-Jon Kabat-Zinn, Ph.D.

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- Learn from a "master" taught by Jon Kabat-Zinn

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# Outline

## Foundational Principles

The Origin of MBSR  
Goals and Principles  
Populations Served  
Assessment and Orientation  
MBSR Ground Rules  
Teacher competencies

## The Curriculum—Themes

Class 1-3 Grounding Mindfulness in the Body  
Class 4-5 Stress Reaction versus Response  
Class 6-7 Communication and Interpersonal Mindfulness  
Class 8 Summation and Bringing Mindfulness Home  
All Day Session

## Establishing Mindfulness Practices

Defining Mindfulness  
Introducing Mindfulness Experientially and Verbally  
7 Essential Attitudes in Establishing Mindfulness

## Establishing Intention and Commitment to Practice

Language—Using Gerunds and the Vernacular  
Leading an Awareness Exercise: The Raisin

## Guidance in Formal Mindfulness Practices

The Body Scan  
The Sitting Meditation with Awareness of Breath  
Yoga  
Walking Meditation  
Loving-Kindness Meditation  
Practice in Leading a Mindfulness Meditation  
Applying Mindfulness to Daily Life  
Creating Home Practices  
Use of Homework  
The S.T.O.P.  
The Three Minute Breathing Space  
Awareness Exercises

## Clinical Issues: Working with Difficulties

The Process of Inquiry including Role Playing and Practice in Inquiry  
Working with Feeling  
Working with Pain and Stress  
Working with Anxiety and Panic  
Application of Neuro-Science Research

## Adaptations of MBSR for:

Depression  
Addictions  
Trauma  
Children and Adolescents

## Inter-personal Mindfulness and Communication

Akido for MBSR  
Use of Dyads  
Group Process  
Interface with Psychotherapy

## Limitations of Research and Potential Risks

Various definitions of mindfulness  
Research validity and reliability  
Client may experience initial increase in symptoms  
Special considerations for severe mental illness

*Please bring a yoga mat, cushion or towel.*

## Live Course Schedule for Both Days

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

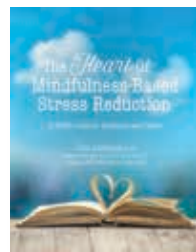
**11:50 - 1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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## Save by Including These Products with Registration!



### The Heart of Mindfulness-based Stress Reduction A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW - Seminar Speaker!

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness.



### Anti-Burnout Card Deck

#### 54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

By Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.



### The Mindfulness Toolbox

#### 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman, MA, LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.



### You Can Handle It

#### 10 Steps to Shift Stress from Problem to Possibility

By Margaret Wehrenberg, PsyD

Other books may give you quick tips and promise success, but *You Can Handle It* tells you why these techniques work on the brain, and gives you step-by-step directions, worksheets, and scripts that will make implementing these methods feel effortless.

In *You Can Handle It*, Dr. Wehrenberg offers realistic, simple and highly satisfying how-to's to eliminate bad stress from your life, and how to use the good stress for leverage in all arenas of your life.

## Seminars Designed Especially for

Counselors • Social Workers • Psychologists  
Marriage and Family Therapists  
Addiction Counselors  
Occupational Therapists & Occupational Therapy Assistants • Nurses • Case Managers  
Other Mental Health Professionals

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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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**PSYCHOLOGISTS:** This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**PSYCHOLOGISTS:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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