

Integrating Mindfulness-Based Stress Reduction (MBSR) Skills in Clinical Practice

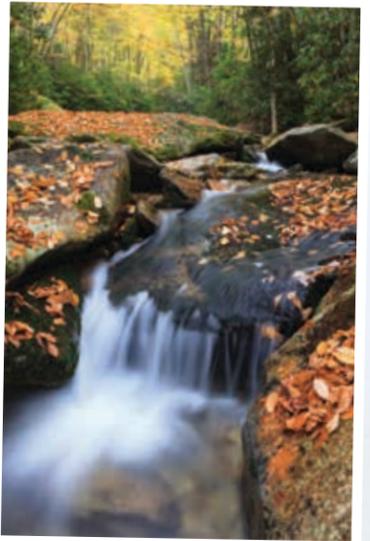
The most utilized and researched program for teaching mindfulness is Mindfulness-Based Stress Reduction (MBSR) and adaptations of this 8-week model. MBSR is clinically beneficial to have profound benefits on emotional and physical well-being as well as a wide range of chronic conditions. MBSR and adapted programs is now used as the basis for many interventions, including treatment for depression, anxiety, trauma, addiction, ADHD and pain.

Mindfulness and yoga are best taught by those who practice them. This didactic and experiential workshop will introduce and deepen practices for clinicians and explore how these can be conveyed in a broad variety of populations and settings. In addition, highlights of the current research on the benefits of mindfulness and yoga will be presented. All levels are welcome to learn and expand the formal and informal practices of mindfulness in stillness, movement and communication. We will explore the foundations of mindfulness through personal practice, and ways to introduce, teach and employ mindfulness in group or individual practice.

You will also learn how cultivating a personal mindfulness practice can enhance the therapeutic alliance, a key factor in all clinical encounters.

Integrating mindful practice, dialogue and research, this retreat will offer a spacious and balanced schedule of teaching, meditation, gentle clinical/office-based yoga (for chair or floor practices), mindful eating and walking and noble silence. Learn how to introduce mindfulness in groups and individual sessions, working with at risk, physically, mentally and emotionally challenged populations, the general population as well as in clinics, hospitals and other institutional settings.

Whether you are a curious beginner or an advanced practitioner wondering how to integrate these practices with your clients- this workshop is for you! In a peaceful, restorative setting, experience group practice, dialogue and plenty of free time for contemplation and rest.



Limited availability! Register today at pesi.com/express/70588

Instructors

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 is the author of the new best-selling *The Heart of Mindfulness-based Stress Reduction: A MBSR Guide for Clinicians and Clients* and *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, workshop 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 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.

Lucia McBee, LCSW, MPH, CYI, began her mindfulness-based stress reduction journey in 1992. Always interested in meditation and yoga, her mindfulness practice was inspired by a client with chronic pain. Looking for alternative treatments, she discovered MBSR, which requires a serious practice commitment from the teacher. She participated in professional training in mindfulness-based stress reduction in 1994 and the first MBSR teacher development intensive at the Center for Mindfulness in 1997. She also completed training in Mind/Body/Spirit Medicine at the Center for Mind/Body Medicine in 2000. In 2008, Lucia became a certified Kripalu yoga teacher. Since 1998, she has taught MBSR to a wide variety of populations including mental health care professionals, frail elders and caregivers, college students, persons with HIV, those recently released from incarceration, and courses for the general population.

In addition to teaching MBSR, Lucia is a licensed clinical social worker in both New York and Maine. Following her graduation from Columbia University School of social work and public health, she developed a pioneering practice using mindfulness and complementary and alternative medicine (CAM) to improve the quality of life in community, hospital and nursing home settings. Her book *Mindfulness-Based Elder Care*, is based on her innovations in adapting mindfulness and complementary and alternative medicine for elders and their caregivers. She has published numerous articles in peer-reviewed journals and chapters in many books describing her adaptations of mindfulness. Her presentations have included national and international conferences. She regularly presents to and consults with institutional and community direct-care providers.

She is a freelance author, consultant and faculty at Columbia University School of Social Work.

SPEAKER DISCLOSURE: Financial: Lucia McBee is an adjunct faculty for Columbia University School of Social Work. She receives a speaking honorarium from PESI, Inc. Non-financial: Lucia McBee has no relevant non-financial relationship to disclose.

PESI sponsored retreat located at The Art of Living Retreat Center, Boone, North Carolina



pesi.com/express/70588

How to Register

For additional details: pesi.com/express/70588

Choose the easiest registration method for you:

ONLINE pesi.com/express/70588 FAX 800-554-9775
 PHONE 800-844-8260 MAIL PESI
 Please have credit card available PO BOX 1000
 Eau Claire, WI 54702-1000

Guarantee
 ★★★★★
 Your satisfaction is our goal — and our guarantee! If you are not satisfied we'll make it right!
PESI

Retreat Location Information

(please do not mail registrations to this address)

The Art of Living Retreat Center
 639 Whispering Hills
 Boone, NC 28607

800-392-6870
www.artoflivingretreatcenter.org

RETREAT IS LIMITED TO TRAINING PARTICIPANTS ONLY.

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name _____ Profession _____
 Address _____
 City _____ County _____
 State _____ Zip _____
 Home/cell Ph (_____) _____
 Dept. Ph (_____) _____
 E-mail address _____

Registrants email address is required to receive your certificate of completion and registration confirmation.

2 Tuition and 4-nights stay (70588BNE) July 24-28, 2019 Registration closes July 1st
 Early bird by 7/1/2019 \$1,799 per person
 Standard \$1,999 per person
 CE Certificate & manual Included
 Healthy vegetarian cuisine (3 meals daily) Included

****Bring a friend and SAVE \$200 each!**

Tuition and 5 nights stay, double occupancy* Early bird by 7/1/2019 \$1,599 per person
 Registration closes July 1st Standard \$1,799 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: _____

3 Please indicate method of payment.

Check enclosed payable to **PESI, Inc.**
 Am. Exp. (15 Digits) VISA (13-16 Digits) MC (16 Digits) Discover Novus (16 Digits)
 Card Number: _____ Card Expire: ____/____/____
 Signature: _____ V-code #: _____

Total

For cancellation policy and FAQ go to: pesi.com/express/70588

For additional details: pesi.com/express/70588

★★★ CERTIFICATE PROGRAM ★★★

INTEGRATING
 MINDFULNESS-BASED
 STRESS REDUCTION
 (MBSR) SKILLS
 in CLINICAL PRACTICE
 A RETREAT FOR PROFESSIONALS

July 24-28, 2019
 The Art of Living Retreat Center
 Boone, North Carolina

Earn Your
 Certificate
 & Up To 22 CE
 Hours

Reserve today!
 Limited availability

pesi.com/express/70588



The Retreat will Provide

- Formal and informal practices of mindfulness meditation
- Five formal mindfulness practices.
- The STOP technique
- The essential components of the MBSR curriculum
- Mindfulness tools for working with specific clinical conditions such as trauma, depression, anxiety, pain, addictions and the stresses of daily life
- Review research supporting clinical use of MBSR
- Experience in the language and practices used for introducing, instructing and guiding others
- Practice in leading and guiding brief mindfulness meditation including diaphragmatic breathing and three-minute breathing space
- Practice in mindful movement
- Greater understanding of the mind- body connection

Retreat Content

LAYING THE FOUNDATION

Introducing and Defining Mindfulness
MBSR Ground Rules
Create Mindful Experiences
Apply Mindfulness to Daily Life
The Raisin
Languaging
Establish Intention
Use of Homework

GUIDANCE IN FORMAL MINDFULNESS PRACTICES

The Body Scan
The Sitting Meditation with Awareness of Breath
Anchoring Attention
The Sitting Meditation with Awareness of Sound, Sensations, Feelings and Thoughts
Yoga
Adaptations to Yoga
Adaptations to formal practice
Loving-Kindness Meditation

INFORMAL MINDFULNESS PRACTICES

The S.T.O.P.
R.A.I.N.
The Three Minute Breathing Space
Awareness Exercises
Urge Surfing
Seated and Standing Mountain Pose

THE CURRICULUM

Sequence of Classes and Themes
The Process of Inquiry
Working with Feelings: Pleasant and Unpleasant
Stress Reaction versus Response
Working with Pain and Stress Related Symptoms
Application of Neuro-Science Research
Communication
Inter-personal Mindfulness

CLINICAL ISSUES AND ADAPTATIONS OF MBSR

Benefits and Contraindications
Applications for Groups and Individual Therapy
Working with Anxiety
Depression, Negative Cognitions and Ruminations
Addictions
Children and Adolescents
Trauma
Interface with Psychotherapy
Compassion and Healing
Healing Impact of Compassion on Brain
Primary and Secondary Causes of Suffering
Heal Shame with Understanding, Compassion and Non-shame Physiology
Non-anxious Presence as Clinician

Retreat Outcomes

1. Present the core beliefs of Mindfulness-Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Articulate the essential core components of the MBSR program as they relate to clinical treatment.
3. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
4. Implement various mindfulness practices utilized to decrease stress and improve symptomology, including a body scan, sitting meditation, walking meditation and yoga practices.
5. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
6. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
7. Interpret and differentially communicate mindfulness language appropriate for diverse populations.
8. Evaluate appropriate applications of mindfulness practices for treatment in populations with trauma history, mental health disorders, and emotional and physical disabilities.
9. Differentiate which mindfulness-based skills can be applied in a group therapy setting.
10. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
11. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.

Additional outcomes can be found online at pesi.com/express/70588.



For cancellation policy and FAQ go to: pesi.com/express/70588

★★ CERTIFICATE PROGRAM ★★

INTEGRATING MINDFULNESS-BASED STRESS REDUCTION (MBSR) SKILLS IN CLINICAL PRACTICE

A RETREAT FOR PROFESSIONALS

Retreat Schedule

Wednesday, July 24, 2019

3:00 – 4:30 pm	Check in
4:30 – 6:00 pm	Program Introduction*
6:00 – 7:00 pm	Dinner
7:00 – 7:20 pm	AOLRC Orientation

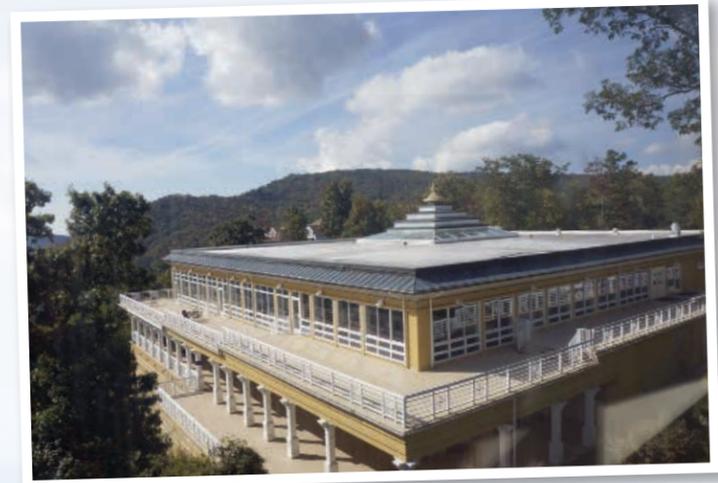
Thursday, Friday & Saturday, July 25-27, 2019

6:30 – 7:30 am	Mindfulness & Yoga Practice (Optional)
7:30 – 9:00 am	Breakfast
9:30 am – 12:00 pm	Lecture*
12:00 – 1:30pm pm	Lunch
1:30 – 4 pm pm	Lecture*
4:15 – 5:15 pm	Yoga (Optional)
4:15– 6:00 pm	Individual Activity
6:00 – 7:30 pm	Dinner
8:00 – 9:00 pm	Evening Lecture/Experiential*

Sunday, July 28, 2019

6:30 – 7:30 am	Mindfulness & Yoga Practice (Optional)
7:30 – 9:00 am	Breakfast
9:30 am - 12:00 pm	Lecture*
12:30 – 1:30 pm	Closing Lunch

*CE hours will be provided during these designated times



Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 22.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1320 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 22.0 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

PSYCHOLOGISTS: This activity consists of 22.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, 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.

PESI, Inc. designates this live activity for a maximum of 22.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

NORTH CAROLINA PSYCHOLOGISTS: This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within the scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 22.0 clock hours of continuing education instruction. This activity consists of 22.0 clock hours of continuing education instruction.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 22.0 (Clinical Practice) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 1320 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.

Target Audience: Psychologists • Counselors • Social Workers • Psychotherapists
Marriage & Family Therapists • Nurses • Addiction Counselors
Mental Health Professionals

For additional information: pesi.com/express/70588