

## 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 symptomology.
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.

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## 2-Day Certificate Course

**MBSR** Mindfulness  
Based  
Stress  
Reduction

Presented by **Elana Rosenbaum**, MBSR Expert

**RALEIGH, NC**  
**Thursday & Friday**  
**July 11 & 12, 2019**

**LIVE VIDEO WEBCAST**  
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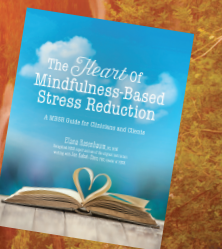


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## 2-Day Certificate Course

**MBSR** Mindfulness  
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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.**

- Give your clients the skills to live in the present, and put stress and pain behind them!
- Learn from a "master" taught by Jon Kabat-Zinn

**RALEIGH, NC**  
**Thursday & Friday**  
**July 11 & 12, 2019**

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A Non-Profit Organization Connecting  
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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 & Webcast Schedule for Both Days (Times Listed in Eastern)

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

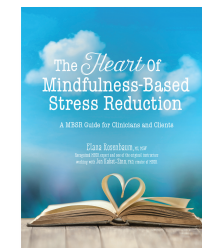
**8:00 Program begins**

**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.

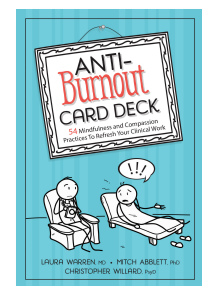
## Save by Including These Products with Registration!



## 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.

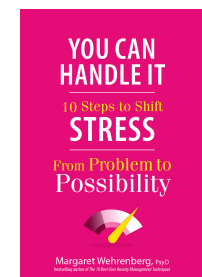


## Anti-Burnout Card Deck

## 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.



## 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.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on July 11 & 12, 2019, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/71774](http://www.pesi.com/webcast/71774)

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

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## Live Course 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 [cepsi@pesi.com](mailto:cepsi@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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**COUNSELORS:** 2-Day Certificate Course: MBSR: Mindfulness Based Stress Reduction has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3238. PESI is offering this activity for 12.75 clock hours of continuing education credit.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 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.

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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.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. 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 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.

## Questions?

Call customer service at  
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**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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\_\_\_ **Anti-Burnout Card Deck\*** \$19.99 (PUB085340)  
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