

## Outline

### Bring Tai Chi to Your Practice

Research findings  
When should I use Tai Chi with clients?  
How do I handle progress notes and documentation?  
Common billing questions answered  
Homework for clients  
Common mistakes to avoid  
Yang Style – The 13 basic postures of Tai Chi

### Depression and Anxiety:

#### Tai Chi as an Adjunctive to Traditional Treatments

The neuroscience of depression and anxiety  
The impact of Tai Chi on the vagus nerve  
Nonjudgmental observation of internal thoughts  
Psychosocial elements of Tai Chi  
4 ways to use Tai Chi to relieve symptoms of depression  
How to use Tai Chi with CBT and talk therapy  
Demonstration and experiential exercise

### Stress Reduction:

#### Combine Coping Skills with Meditative Movement

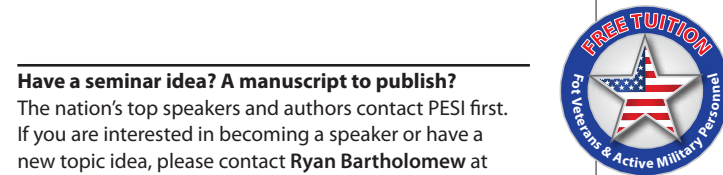
Attention anchoring techniques  
Teach clients to experience without focusing on the extreme  
Focus on the breath to reduce stress  
Tai Chi exercises to create deep calm  
Intervention demonstration and experiential exercise

## Objectives

1. Analyze research on Tai Chi's impact on depression and anxiety and articulate what this means for its use in clinical practice.
2. Model the postures and movements of Tai Chi to guide clients in a moving meditation practice.
3. Establish the role of the Vagus nerve in reducing anxiety and communicate how Tai Chi can be used in-session to stimulate it.
4. Incorporate Tai Chi movements with meditation techniques to anchor the attention of stressed clients.
5. Employ a combination of CBT and Tai Chi to help disengage clients from automatic thoughts and triggers associated with addictive cravings.
6. Articulate how Tai Chi can be individualized for physically limited clients and communicate how these modifications can promote more effective participation in therapy.

### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call 715-855-8225.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

### Tai Chi in the Treatment of Addiction and Addictive Cravings

Assess for comorbid conditions  
Skills to identify addictive cravings  
How Tai Chi can be used to:  
Reduce cravings  
Disengage from automatic thoughts and Triggers  
Push back impulsiveness  
Build strength and resolve  
Experiential exercises

### Tai Chi for Chronic Pain

The science of pain perception  
Factors that impact pain  
Step by step instruction on Tai Chi exercises for:  
Back pain  
Muscle pain  
Arthritis  
How to use as an adjunct with CBT tools

### Live Seminar Schedule

**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.

# FREE

## Cognitive Behavioral Therapy (CBT) for Anxiety

### CE Seminar & Worksheet

John Ludgate, PhD

[pesi.com/CBTWorksheet](http://pesi.com/CBTWorksheet)

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# Tai Chi

## in Mental Health Clinical Practice

Rejuvenate Your Treatment of  
**Anxiety, Depression, Stress, Addiction,  
and Chronic Pain** with Meditative Movement



**PALM SPRINGS, CA**  
July 17, 2019

**TEMECULA, CA**  
July 18, 2018

**SAN DIEGO, CA**  
July 19, 2018



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# Tai Chi

## in Mental Health Clinical Practice

Rejuvenate Your Treatment of **Anxiety, Depression, Stress, Addiction, and Chronic Pain** with Meditative Movement

- Learn to use Tai Chi in conjunction with your existing treatment methods
- Quickly and easily incorporate movements into your therapeutic toolbox
- Bring healing to clients who fail to respond to traditional approaches



**PALM SPRINGS, CA**  
Wednesday, July 17, 2019

**TEMECULA, CA**  
Thursday, July 18, 2019

**SAN DIEGO, CA**  
Friday, July 19, 2019



Register now!  
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# Tai Chi

in Mental Health Clinical Practice

Rejuvenate Your Treatment of **Anxiety, Depression, Stress, Addiction, and Chronic Pain** with Meditative Movement

You work hard to bring healing to clients of all types, even those who fail to respond well to traditional treatment approaches. Fortunately, nontraditional techniques like Tai Chi are increasingly proving their value in enhancing treatment and boosting wellness.

Tai Chi's combination of gentle and adaptable exercise, breath awareness, and focus offers a host of benefits for improved mental and physical health including stress and anxiety reduction, alleviating depression, curbing cravings, and altering perceptions of pain.

But you're concerned that bringing Tai Chi into your practice will be too time intensive, too complex to incorporate into your existing techniques, and too difficult to introduce to your clients.

Attend this unique experiential workshop to quickly learn the basic skills of Tai Chi and discover how to incorporate it into your treatment plans for depression, anxiety, stress, addictive cravings, and chronic pain. Your instructor will connect the dots between the practices of Tai Chi, meditation, and traditional therapies like CBT, and demonstrate the techniques most appropriate for the disorders you see in clients each day.

Sign up today!

You'll be wholly engaged in what you learn and leave this seminar feeling attentive, energetic and prepared to bring greater healing to your clients!

## Speaker

**Dr. Elizabeth Nyang Ed.D., M.A., LCPC**, is a licensed counselor and certified Tai Chi instructor who works with clients dealing with mood disorders, life issues, and addictions. She uses mindfulness and Tai Chi techniques to help them reduce stress and gain insight into their problems. Dr. Nyang also accept clients in need of treatment for alcohol and drug addiction and works with them in a special program that includes group and individual counseling to help them build a plan to get in and stay in recovery. A longtime student of meditation, Dr. Nyang spent one year learning walking and sitting meditation at a Buddhist Temple. She earned her master's degree in counseling from Seaton Hall University and her doctorate degree in counseling education from the American School of Professional Psychology at Argosy University.

### Speaker Disclosures:

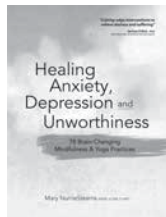
Financial: Elizabeth Nyang is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Elizabeth Nyang is a member of the American Counseling Association; and the Maryland Counseling Association.

**Target Audience:** Social Workers • Counselors  
Psychologists • Marriage and Family Therapists  
Addiction Counselors • Psychotherapists  
Case Managers • Nurse Practitioners • Nurses  
Occupational Therapists

**Questions?**  
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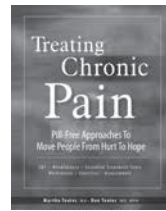


### Healing Anxiety, Depression and Unworthiness

78 Brain-Changing Mindfulness & Yoga Practices

By Mary Nurriestearns, MSW, LCSW, RYT

A compassionate and practical workbook that provides 78 brain-changing practices to guide living with meaning and peace. Interactive format with journaling prompts. Step-by-step mindful yoga poses. Clinician treatment notes for each chapter.



### Treating Chronic Pain

Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

The best treatment for chronic pain isn't found in a doctor's office or pharmacy—it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.

**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.

**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 \$30 cancel fee. Substitutions are permitted at any time.



## Live Seminar 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" 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](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 professions 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 6.0 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.

**CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS:** PESI, Inc. is an approved provider by the CAPP-EI, Provider #: 05-03-036-1017. This activity meets the qualifications for 6.0 CEH's (continuing education hours).

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**CALIFORNIA NURSES:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

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**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** This activity consists of 6.0 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. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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**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 6.25 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.

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**OTHER PROFESSIONS:** This activity qualifies for 380 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 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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TAI CHI IN MENTAL HEALTH CLINICAL PRACTICE

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**MAIL**  
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Eau Claire, WI  
54702-1000

### WHAT TO WEAR

We recommend that you wear clothing that is loose, comfortable and allows for unrestricted movement.

### 2 Check location: (make copy of locations)

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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- \_\_\_ **Healing Anxiety, Depression and Unworthiness** book\* \$24.99 (PUB085500)
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