

## Outline

### Mindfulness – the Neurobiology of Brain Changes

Neuroplasticity and the brain  
Evidence for Mindfulness as a treatment  
Brain changes for specific disorders

### 4 Steps to Integrate Mindfulness into Clinical Practice

How to teach Mindfulness in session  
Techniques to increase client use of Mindfulness at home  
Strategies for processing what happens with your client  
Strategies to identify and overcome obstacles & resistance

### Mindfulness Strategies for Specific Disorders

Mindfulness of breath  
Present moment awareness  
Core practice  
Mindfulness of thoughts  
Mindfulness of tasks  
Mindfulness of intention  
Mindfulness of intuition  
Plus many more

### Anxiety & Depression

Calm the arousal state and relax mind and body  
Reduce anxious thoughts  
Focus on the present  
Decrease negative thoughts  
Shift and improve mood state & increase pleasure



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### Live Seminar & Webcast Schedule

(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

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

### PTSD

Calm the arousal state  
Improve ability to stay grounded in the present  
Reduce traumatic thoughts

### Panic & OCD

Reduce frequency and intensity of panic attacks  
Increase awareness of obsessive thoughts and compulsive behaviors  
Decrease obsessive thinking and compulsions

### Bipolar Disorder

Increase awareness of mood state  
Stabilize mood over time

### ADHD

Improve concentration  
Increase task completion  
Reduce hyperactivity

### Pain & Sleep

Accept and embrace the pain  
Calm busy thoughts  
Relax the mind and body  
Fall asleep and stay asleep



### Questions?

Call customer service at  
**800-844-8260**

### Target Audience:

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

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## 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

**HYANNIS, MA**  
Wednesday, August 23, 2017

**LIVE VIDEO WEBCAST**  
Thursday, August 24, 2017

**TAUNTON, MA**  
Thursday, August 24, 2017

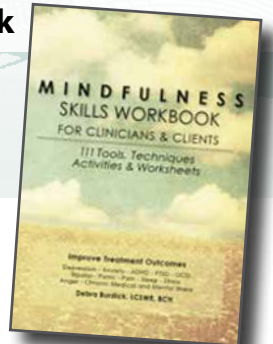
**WORCESTER, MA**  
Friday, August 25, 2017

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## 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

Featuring:  
**Debra Burdick, LCSW, BCN:**  
author of the **Best Selling  
Workbook**



"Debra's work has changed my life, as well as the lives of my clients."

- Jose, MD

- Become more effective today in treating anxiety, depression, ADHD, OCD, sleep and pain with evidence-based brain-changing mindfulness skills
- Watch your clients turn off their anxiety and become calm – often in only one session!
- Implement a 4-step process to integrate mindfulness into your practice

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