

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



IN-HOUSE

Bring this or any training to you.
Visit www.pesi.com/inhouse for more info.

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 Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

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

For locations and maps, go to
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100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

WICHITA FALLS, TX

Tuesday, September 26, 2017

PLANO, TX

Wednesday, September 27, 2017

DALLAS, TX

Thursday, September 28, 2017

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100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

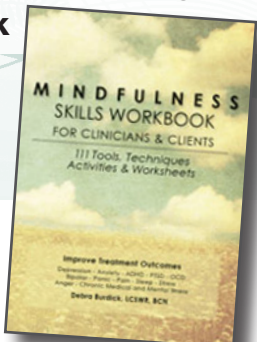
Featuring:

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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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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Attend this workshop and learn how to treat anxiety, depression, ADHD, OCD, bipolar disorder, sleep, pain, anger, and stress with brain-changing mindfulness skills tailored to each disorder.

Debra Burdick, LCSW, BCN, also known as “The Brain Lady”, will demonstrate and explain numerous core through advanced mindfulness skills and guide you on how and when to apply them to specific disorders in order to improve treatment outcomes in clinical practice. This seminar will give you personal experience with practicing the skills and processing your own results that you can apply right away to your work with your clients. Discover a proven four-step process for integrating mindfulness into your practice and learn the neurobiology behind mindfulness to be able to clearly explain it to your clients.

Objectives

1. Construct examples of treatment for anxiety, depression, ADHD, OCD, bipolar disorder, sleep, pain, anger and stress with brain-changing mindfulness strategies tailored to each disorder.
2. Analyze and practice core and advanced mindfulness strategies that improve client symptoms and treatment outcomes for each disorder.
3. Establish when and how to use mindfulness strategies that act as interventions for specific mental health disorders.
4. Utilize the latest brain research about mindfulness to understand and explain the proven benefits of mindfulness to clients.
5. Implement proven strategies to integrate mindfulness into your clinical practice.
6. Formulate how to empower clients to attain the benefits of incorporating mindfulness into their daily lives.

Speaker

Debra Burdick, LCSW, BCN, also known as ‘The Brain Lady’, is a Licensed Clinical Social Worker and a board certified neurofeedback practitioner. Deb is an international speaker and author of the best-selling books, *Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets*, and *Mindfulness Skills for Kids & Teens, A Workbook for Clinicians and Clients with 154 Tools, Techniques, Activities and Worksheets* and has taught mindfulness skills to her clients for over 25 years.

Debra incorporates mindfulness skills in all areas of her practice. She initially became interested in mindfulness to deal with a chronic illness (now thankfully healed). She found it so helpful in her own life that she started teaching her clients the skills she was using. She went on to develop clinical material on mindfulness skills and created a four-step process for working with clients using mindfulness that she perfected in her private practice and in an intensive outpatient program. Her clients have shown her that mindfulness skills improve the rate and quality of treatment outcomes.

Debra has presented numerous presentations, workshops, and teleseminars. She is often interviewed on Internet radio and telesummits and her work has been featured in The Day newspaper, Self-Improvement Magazine, and “Parenting Powers” television show. She is an expert author on SelfGrowth.com.

Speaker Disclosures:

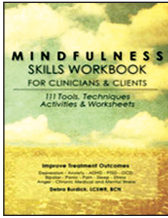
Financial: Debra Burdick maintains a private practice. She is an author for Vervante publishers and receives royalties. She receives a speaking honorarium from PESI, Inc.
Non-financial: Debra Burdick contributes to SelfGrowth.com and receives no compensation.

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 Alex Dorn at adorn@pesi.com or call 715-855-5254.

100 Brain-Changing Mindfulness Techniques

to **Integrate Into Your Clinical Practice**

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Mindfulness Skills Workbook for Clinicians and Clients 111 Tools, Techniques, Activities & Worksheets

By Debra Burdick, LCSWR, BCN, Your Presenter

Like no other resource, Mindfulness Skills Workbook combines the latest research and best practices -- all in a simple guide to successfully teach mindfulness to your clients.

This comprehensive workbook provides the theory behind each tool, a step-by-step process to implement, and expert guidance on processing client results.

Mindfulness Skills for Kids & Teens:

A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

By Debra Burdick, LCSWR, BCN, Your Presenter

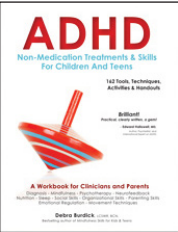
Finally -- a comprehensive, practical and user-friendly mindfulness resource written specifically for children and adolescents. Best-selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness in kids and teens.

ADHD:

Non-Medication Treatments and Skills for Children and Teens

By Debra Burdick, LCSWR, BCN, Your Presenter

The most comprehensive ADHD resource available! This practical workbook gives you the most effective, and proven non-medication treatment approaches and skills. Step-by-step instructions on tailoring psychotherapy to ADHD. Including ADHD-friendly parenting skills, techniques for emotional and behavioral regulation, skills for organizing time, space and activity, mindfulness skills and downloadable handouts, exercises, activities and resources.



Seminar on CD or DVD 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 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.

Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 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 professions standards.

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

ADDITION 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.

COUNSELORS: This intermediate activity consists of 6.25 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.

OKLAHOMA LICENSED PROFESSIONAL COUNSELORS AND MARITAL & FAMILY THERAPISTS: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

TEXAS COUNSELORS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course qualifies for 6.0 continuing education credits.

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.

TEXAS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Marriage and Family Therapists. Provider #: 503. This course qualifies for 6.0 continuing education credits.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

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: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 6.25 (Clinical) 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.

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.



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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.

Tuition Options:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260. Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**
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☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$219.99** standard

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☐ **\$29.99*** *Mindfulness Skills Workbook for Clinicians and Clients*

☐ **\$29.99*** *Mindfulness Skills for Kids & Teens Workbook*

☐ **\$29.99*** *ADHD Workbook*

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___ Seminar on DVD* (video) \$199.99 (RNV047070)

___ Seminar on CD* (audio) \$169.99 (RNA047070)

___ *Mindfulness Skills Workbook for Clinicians and Clients**
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___ *Mindfulness Skills for Kids & Teens Workbook**
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