

The Advanced Mindfulness Toolbox for Rewiring the Brain

Intensive 2-Day Mindfulness Training for Anxiety, Depression, Pain, PTSD, and Stress-Related Symptoms

In this in-depth, two-day workshop, national mindfulness teacher and author Donald Altman will demonstrate a variety of powerful clinical tools—from grounding and attention-focusing skills to metacognitive awareness and mindfulness skills—for helping clients to rewire the brain as they overcome clinical anxiety, depression, chronic pain, PTSD, addictive cravings, and stress-related symptoms. It's no secret that over 40 million Americans suffer from an anxiety disorder, 25 million from clinical depression, and more 100 million from chronic pain that shatters their lives and relationships. This highly experiential workshop utilizes practical and evidence-based mindfulness tools that radically alter clients' habitual and conditioned reactions to these and other forms of suffering.

Drawing upon brain science and concepts from Interpersonal Neurobiology, this workshop will make brain science easy to understand for your clients. You'll be able to clearly demonstrate for clients how they can regulate emotions and rewire their brains through practices such as focused attention, selective memory, and strengths-based storytelling. In addition, you will learn how to adapt these many tools for different populations in order to create a clear roadmap to wellness for clients. In all, this two-day training will have you returning to your practice with a comprehensive menu of transformative mindfulness tools to draw from—and that clients can use to regulate emotions and find calm.

Donald is known for creating compelling experiential and participatory trainings. Whether you are experienced in mindfulness or are new to these techniques, this special two day workshop is certain to get you enthused and excited about experiencing and using mindfulness for joy, calm, and healing in your own life, as well as in your therapy practice. You won't want to miss out on this unique mindfulness training opportunity.

Speaker

Donald Altman, M.A., LPC, is a psychotherapist, award-winning writer, former Buddhist monk, teacher and an adjunct professor at Lewis and Clark Graduate School of Education and Counseling. He is also a faculty member of the Interpersonal Neurobiology program at Portland State University and teaches various classes blending mindfulness and Interpersonal Neurobiology.

A prolific writer whose career spans more than 25 years, Donald has authored several pioneering books on mindfulness, beginning with his 1998 *Art of the Inner Meal*. His book, *The Mindfulness Code* was named as "One of the Best Spiritual Books of 2010." He has also authored *Meal By Meal, Living Kindness, One Minute Mindfulness, The Joy Compass, The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain* and his newest book *101 Mindful Ways to Build Resilience Cultivate Calm, Clarity, Optimism & Happiness Each Day*.

In addition to his books, Donald was a staff writer for an EMMY-Award winning children's television show ("The Magic Door," CBS Chicago), won an American Medical Writer's Association Award, co-created the first interactive comic strip on America Online, and has had articles appear in *New Age Journal*, the *Los Angeles Times*, and *Independent Business Magazine*, among others.

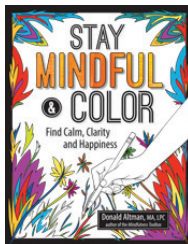
Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives. Donald is also a member of the Burma Buddhist Association. An avid motorcyclist, he enjoys riding his motorcycle along the beautiful Oregon coast.

Speaker Disclosure

Financial: Donald Altman is in private practice. He is an Adjunct Faculty member of the Interpersonal Neurobiology Program at Portland State University. Mr. Altman receives a speaking honorarium from PESI, Inc.

Nonfinancial: Donald Altman has no relevant nonfinancial relationship to disclose.

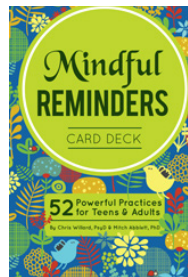
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Stay Mindful & Color *Find Calm, Clarity and Happiness*

By Donald Altman, MA, LPC Your Presenter!

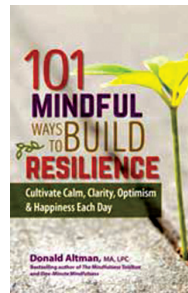
Integrating easy-to-use, life-enhancing coping skills with beautifully detailed and illustrative drawings that visually reinforce each mindfulness practice. Mindfulness has been shown to effectively manage stress and emotional reactivity, as well as reduce symptoms related to anxiety, depression, and pain. So if your mental hard drive has ever "crashed," let *Stay Mindful & Color* reboot and rewire your brain, one centering, soothing practice and joyfully optimistic drawing at a time.



Mindful Reminders Card Deck *52 Powerful Practices for Adults*

By Mitch R. Abbett, Ph.D. and Christopher Willard, Psy.D.

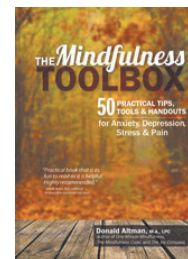
Live your life more fully, reduce stress and remove distractions with the *Mindful Reminders Card Deck*. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life. Whether you are new to mindfulness practice, or whether you've been meditating for years, this deck offers fun, accessible reminders for bringing more mindfulness into your life.



101 Mindful Ways to Build Resilience *Cultivate Calm, Clarity, Optimism & Happiness Each Day*

By Donald Altman, MA, LPC Your Presenter!

The 101 mindfulness 'tools' in this book will give you newfound hope, optimism, and strength. These are simple, yet powerful mindfulness practices that you can apply in just a minute or two -- whether you're facing something extremely annoying or seemingly insurmountable. Those you know may think you've found a secret elixir to wash away your problems. But you'll know the secret is just retraining your brain with 101 Mindful Ways to Build Resilience.



The Mindfulness Toolbox *50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain*

By Donald Altman, MA, LPC Your Presenter!

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

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 \$60 cancel fee. Substitutions are permitted at any time.

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Intensive 2-Day Training

The Advanced Mindfulness Toolbox for Rewiring the Brain

Featuring Mindfulness Expert:
DONALD ALTMAN, M.A., LPC
Author of Best-selling *The Mindfulness Toolbox*

Houston, TX
Monday & Tuesday
September 11 & 12, 2017
Austin, TX
Wednesday & Thursday
September 13 & 14, 2017

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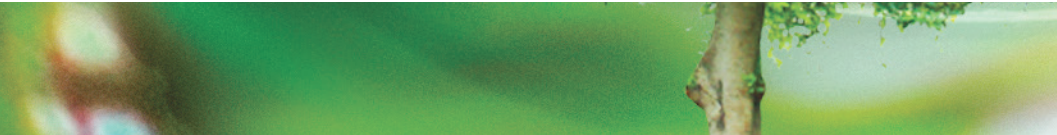
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Outline

Mindfulness and Cutting Edge Research

Mindfulness as a metacognitive skill
Negative effects of a wandering mind
Breathing reduces rumination and anxiety
Useful (and free) web resources

Introduce Mindfulness to Your Clients

Expand Your Mindfulness Vocabulary

Help clients understand mindfulness
Find the right metaphor
Using clients' learning styles

*** Practice: Getting into the Present Moment**

The Power of Sense Grounding

Anxiety reduction with sense grounding

Mindfulness for transitioning between activities

Physical grounding method of dropping into the body

Integrates progressive muscle relaxation

Good for spatial, visual, hands-on learning

styles

*** Practice: Palm the Present Moment**

Brain Basics, Metacognition, and Interpersonal Neurobiology

Emotional Regulation for Depression and Anxiety

Balance the brain's default survival mode

Effects of cortisol on learning and immune system

Visual Brain Model for clients

The brain's mindfulness module

Train the brain for calm response

and metacognition

Navy Seals, arousal control & parasympathetic nervous system

Heart rate variability & relaxation response

*** Practice: The Power of Breath**

Enhancing effectiveness of a breathing practice

*** Practice: Ask Clients the 3-Minute Question**

The Behavioral Side of Mindfulness

Core lifestyle skills awareness training

Sleep hygiene

Managing sleep

Sleep rituals and strategies

Healthy eating/nutrition

Caffeine, protein, neurotransmitters, and the brain

Exercise

Manage Technology

How weapons of mass distraction may be rewiring the brain

*** Practice: Assessment of Technology and Time**

Focus the mind (useful for ADHD)

Integrate breath with a word/image

*** Practice: Be the Pebble**

Mindful Laughter for Depression and Grief Tools for the "terminally serious"

Research on laughter and mood

Biochemistry of laughter & human laughter response

Laughter yoga and laughter in therapy

*** Practice: The Lightness of Laughter**

The Uplifting Power of Storytelling Storytelling to overcome depression and build relationships

Fredrickson's Broaden and Build Theory of Positive Emotions

Broaden attention; find resilience

Stories are fundamental to attachment

Build relationships through a story of strengths

*** Practice: Identifying Strengths & Strengths Journal**

Managing Moods through Attention and Selective Memory

Master attention and memories

Savoring of the present moment

*** Practice: Here and Now Pleasantness**

Using selective memory to savor the past and future

*** Practice: Savoring Success: Past, Present, and Future**

Harnessing Gratitude to Increase Positive Emotions

Managing depression with gratitude

Gratitude research

Four psychological reasons for gratitude

Techniques that make gratitude interpersonal and enhancing Supportive social networks

*** Practice: The G.L.A.D. Technique**

Healing Emotional Pain through Acceptance, Forgiveness, and Compassion

Forgiveness for moving forward from trauma

Forgiveness is a skill

Research on compassion practice

Changes in brain function

Security priming for feelings of safety and trust

Develop positive emotions and resources

*** Practice: Loving-Kindness Affirmation**

The Truth About Stress

Biological markers of stress: telomeres and aging

Identify and assess client stress levels

Perceived Stress Scale

Epstein Stress-Management Inventory

*** Practice: Be a Smart Stress-Avoider**

Mindfulness for Addictive Cravings Emotional Regulation for Cravings

Impulse Control and Craving Control

Using Grounding

*** Practice: S-T-O-P Grounding Technique**

Changing the Perception of Pain

Mindfulness for Chronic Pain

Introduction to the Body Scan Practice

Demonstrates how to pay attention

non-judgmentally

Powerful grounding method; applications

*** Practice: Surf the Body (The Body Scan)**

The Power of Sense Grounding Trauma Constructively distance from PTSD and negativity

Three kinds of sense grounding

*** Practice: Focusing on Favorites**

Reducing Anxiety by Mindfully Managing Transitions

Managing transitions through movement and nature

Process orientation vs. outcome orientation

Attention Restoration Theory

Effects of nature on focus, moods, & healing

Slowing down with nature to get present

Integrated Tools—

*** Practice: Ground-Surfing (Mindful Walking)**

*** Practice: Turning Down the Volume with Nature**

Re-Envisioning and Refocusing

Working with difficult, unresolved life situations

Metacognition as a path to insight

*** Practice: Bear Meditation**

Putting It All Together

Creating a mindfulness roadmap for clients:

Bundling practices together

Engage through learning styles

Maintaining skills

Follow-up and reinforcement

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**.

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THE ADVANCED MINDFULNESS TOOLBOX FOR REWIRING THE BRAIN:

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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.

Tuition Options:

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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☐ single registration postmarked 3 weeks prior to seminar date

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ADD-ON PRODUCTS

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☐ **\$19.99*** *Stay Mindful & Color* book

☐ **\$16.99*** *Mindful Reminders Card Deck*

☐ **\$16.99*** *101 Mindful Ways to Build Resilience* book

☐ **\$29.99*** *The Mindfulness Toolbox* book

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

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**The Advanced Mindfulness Toolbox for Rewiring the Brain:
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— Seminar on CD* (audio) \$269.99 (RNA048090)

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Objectives

1. Integrate and define mindfulness in a more broad way for the client.
2. Analyze the basic lessons of Interpersonal Neurobiology and how mindfulness can rewire the brain.
3. Evaluate the effects of stress and cortisol, and how diaphragmatic breathing turns on the parasympathetic nervous system.
4. Articulate how to use stories as a way to shift awareness, enhance relationships, and recognize strengths.
5. Compile key mindful body practices that lead to better self-care and cognitive brain function.
6. Formulate multiple evidence-based methods for shifting attention that produce greater positive emotions moment by moment.
7. Specify the difference between 'good' and 'bad' stress, and the 4-methods for reducing stress.
8. Communicate the damaging effects of stress at cellular level and how lifestyle changes can alter these.
9. Model stress-reducing transition skills through movement and walking.
10. Teach how to use guided meditations designed to help clients to better accept, reframe and manage pain.
11. Implement the practice of constructive distancing to help clients get a broader perspective on any situation.
12. Prepare affirmations and methods for developing self-compassion and feelings of safety, trust, and forgiveness.

Live Seminar Schedule

(for both days)

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, find your event, and click on the seminar title.

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Target Audience

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

Live 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 12.5 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 12.5 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.

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 12.5 continuing education credits.

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This activity qualifies for 12.5 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 12.5 contact hours or 1.25 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 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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