

## Outline

### ADHD: Strategies to Increase Focus and Self-Monitoring

Focused attention meditation  
Automatic pilot: conscious vs. unconscious behavior  
The mindfulness wedge for impulse control  
Overcome boredom: use technology to make therapy more interesting!

### Anxiety: Strategies to Manage & Address Judgment and Over-Thinking

Attitudinal qualities: become aware  
Thoughts are not facts!  
Mindfulness makes the brain more flexible  
Incorporate the breath to reduce fear

### Depression: Strategies to Shift Perspective

Mindfulness to change cognitive distortions  
Deepening the pleasant  
Loving kindness practices make the brain more optimistic  
Don't forget your body: posture matters!

### OCD and Personality Disorders: Strategies to Quiet the Mind

The brain and self-talk  
Open awareness meditation  
Entrain the brain: increase alpha waves with light and sound

### Movement-Based Mindfulness & Strategies

Benefits of combining mindfulness with movement  
The research: pain, balance, cognitive functioning, attention  
Yoga  
Qigong/Taiji Quan  
Walking meditation

### Nature-Based Mindfulness

Impact of technology overload on the brain and health  
Nature deficit disorder  
Benefits of combining mindfulness with nature-based interventions

### Questions?

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

## Objectives

1. Explore key concepts related to meditation including mindfulness and focused attention.
2. Assess how meditation changes the structure and function of the brain.
3. Practice four different types of meditation.
4. Plan which meditation practices might be ideal for certain mental health concerns.
5. Implement supplemental practices that can be effectively combined with meditation to enhance its benefits.
6. Apply meditation skills to movement-based interventions.

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Applications of the Adult Attachment Interview  
**DR. DAN SIEGEL**  
1.5 CE HOUR

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# Mindfulness-Based Interventions to Rewire the Brain

Featuring, **Jeff Tarrant, Ph.D., BCN**

**APPLETON, WI**  
Wednesday  
October 18, 2017

**MADISON, WI**  
Thursday  
October 19, 2017

**MILWAUKEE, WI**  
Friday  
October 20, 2017

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# Mindfulness-Based Interventions to Rewire the Brain

Featuring, **Jeff Tarrant, Ph.D., BCN**

### Proven Mindfulness Techniques for:

- ADHD
- Anxiety
- Depression
- OCD
- Personality disorders
- and MORE!!

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# Mindfulness-Based Interventions to Rewire the Brain

Mindfulness works! Learn how to bring it into your personal and professional life NOW. Join Dr. Jeff Tarrant as he connects the dots between the actual practices of mindfulness and the direct impact on the brain and daily functioning. Through active exposure to targeted mindfulness-based tools, as well as live demonstrations, you will leave with practical methods that can be used to help manage anxiety, depression, ADHD, chronic pain, OCD and personality disorders.

This seminar will go beyond traditional meditation practices to include mind-body strategies that intersect with other therapeutic approaches, such as biofeedback, mindfulness-in-motion, and nature-based strategies. Learn how and why certain mindfulness techniques are more effective than others at addressing symptoms of mood, anxiety, attention and "disorders of the self." You will leave with an expanded mindfulness-based toolbox to share with your clients or students, strategies to help you begin or sustain your own personal mindfulness practice and the ability to synthesize and prioritize these tools to enhance their effectiveness.

## Speaker



**Jeff Tarrant, Ph.D., BCN, Licensed Psychologist**, is a licensed psychologist, educator and speaker. He has devoted his career to exploring and teaching about the mind/body connection. His work utilizes several forms of technology-based therapies including neurofeedback, audio visual entrainment, interactive metronome and heart rate variability biofeedback (HRV). In addition, Dr. Tarrant has studied and taught Qigong, mindfulness and energy psychology for the past 15 years and incorporates these practices into his model of treatment.

Dr. Tarrant is the founder and CEO of the NeuroMeditation Institute (NMI), LLC and provides certification training for NMI therapists and instructors. In addition, Dr. Tarrant is a Global Neurofeedback Initiative (GNI) Instructor and conducts national continuing education trainings on topics including: "Mindfulness Interventions to Rewire the Brain" and "Brain Changing Strategies for ADHD." He is completing work on his first book, *Meditation Strategies to Rewire the Brain*. Other recent works include a series of virtual reality meditations published by StoryUp VR and the book chapter, "Neuromeditation: An Overview and Introduction" in *The Clinician's Companion to QEEG and Neurofeedback*.

Dr. Tarrant's research focuses on exploring brainwave changes that occur as a result of contemplative practices, energy healing and energy psychology. He is a regular presenter at national and international conferences and has a private practice in Corvallis, OR where he lives and plays.

### Speaker Disclosure:

Financial: Jeff Tarrant is the owner of Comprehensive Psychological Services. He is an adjunct assistant professor at the University of Missouri. Dr. Tarrant receives a speaking honorarium from PESI, Inc.

Non-Financial: Jeff Tarrant has no relevant nonfinancial relationship to disclose.

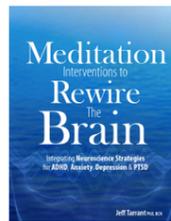
### Target Audience:

Social Workers • Psychologists • Counselors • Teachers • School Administrators • Occupational Therapists  
Speech-Language Pathologists • Marriage and Family Therapists • Other Helping Professionals who Work with Children

### 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.

\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



## Meditation Interventions to Rewire the Brain

Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD

By Jeff Tarrant, PhD, BCN

*Meditation Interventions to Rewire the Brain* takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.



## The Heart of Mindfulness-based Stress Reduction

A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW

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

### 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

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

### Seminar on CD or DVD Package:

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## 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 [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.*

**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.

**WISCONSIN COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The State of Wisconsin Department of Regulation and Licensing recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**WISCONSIN EDUCATORS:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

**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.

**WISCONSIN MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

**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.

**APPROVED PROVIDER**



**PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.**

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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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### 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:

\$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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**3 Check tuition:**

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**\$219.99** standard

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- \$29.99\*** *Meditation Interventions to Rewire the Brain* book  
 **\$24.99\*** *The Heart of Mindfulness-based Stress Reduction* book

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— <i>Mindfulness-Based Interventions to Rewire the Brain</i> Seminar on DVD* (video) \$199.99 (RNV047245)	Product total \$ _____
— <i>Mindfulness-Based Interventions to Rewire the Brain</i> Seminar on CD* (audio) \$169.99 (RNA047245)	*Shipping _____
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— <i>The Heart of Mindfulness-based Stress Reduction</i> * book \$24.99 (PUB084875)	**Tax _____
	<b>TOTAL</b> _____

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