

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

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.

Questions?
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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.

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Mindfulness-Based Interventions to Rewire the Brain

Featuring , Jeff Tarrant, Ph.D., BCN

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Monday
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Mindfulness-Based Interventions to Rewire the Brain

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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*.

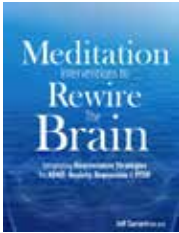
Dr. Tarrant’s research focuses on exploring brainwave changes that occur as a result of contemplative practices, energy healing and energy psychology. He is a regular presenter at national and international conferences and has a private practice in Corvallis, OR where he lives and plays.

Speaker Disclosure:
Financial: Jeff Tarrant is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Jeff Tarrant has no relevant non-financial 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 or call **(715) 855-8225**.


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Meditation Interventions to Rewire the Brain
Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD

By Jeff Tarrant, PhD, BCN **YOUR SPEAKER!**

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

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