

3-Day Intensive Training

# Advanced Mindfulness Certificate Course

In this comprehensive, three-day certificate course, international mindfulness teacher and best-selling author Donald Altman will share powerful clinical tools that will help you rewire clients' brains and create a clear roadmap to wellness. From grounding and attention-focusing skills to metacognitive awareness, Donald will deliver detailed demonstrations and instruction on over a dozen mindfulness practices you can use to improve treatment outcomes.

Best of all, you will learn to embody mindfulness as you help your clients overcome clinical anxiety, depression, chronic pain, PTSD, addictive cravings, and stress related symptoms!

Spend three experiential days with Donald and learn to:

- Radically alter clients' habitual and conditioned reactions to anxiety, chronic pain, and depression with practical evidence-based mindfulness techniques
- Regulate and rewire the brain through focused attention, selective memory, and strengths-based storytelling
- Apply mindfulness to pain and improve mental and physical functioning in your clients
- Reduce anxiety by mindfully managing transitions through movement and nature
- Creatively adapt your newfound mindfulness tools to work with a variety of client populations

Donald is known for his compelling and entertaining presentations, and this 3-day workshop will get you excited about using mindfulness with your clients to achieve joy, calm, and healing. Return to your practice with a wide range of transformative tools to use in your next session!

Don't miss out – register now to reserve your seat!

**Certificate of completion  
will be awarded at the end of the training.**

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

## 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  
Integrate 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  
\* Practice: Ask Clients the 3-Minute Question

### The Behavioral Side of Mindfulness

Core lifestyle skills awareness training  
Sleep hygiene  
Manage 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

### Manage Moods through Attention and Selective Memory

Master attention and memories

Savoring of the present moment

\* Practice: Here and Now Pleasantness  
Use selective memory to savor the past and future  
\* Practice: Savoring Success: Past, Present, and Future

### Harnessing Gratitude to Increase Positive Emotions

Manage depression with gratitude  
Gratitude research  
Four psychological reasons for gratitude  
Techniques that make gratitude interpersonal and enhance supportive social networks  
\* Practice: The G.L.A.D. Technique

### Heal 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

### Change the Perception of Pain

**Mindfulness for Chronic Pain**  
Introduction to the Body Scan Practice  
Demonstrate 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

### Reduce Anxiety by Mindfully Managing Transitions

Manage transitions through movement and nature  
Process orientation vs. outcome orientation  
Attention Restoration Theory  
Effects of nature on focus, moods, & healing  
Slow down with nature to get present  
Integrated Tools—  
\* Practice: Ground-Surfing (Mindful Walking)  
\* Practice: Turning Down the Volume with Nature

### Re-Envision and Refocus

Working with difficult, unresolved life situations  
Metacognition as a path to insight  
\* Practice: Bear Meditation

### Put It All Together

Create a mindfulness roadmap for clients  
Bundling practices together  
Engage through learning styles  
Maintain skills  
Follow-up and reinforcement

Don't Miss!  
**LIVE VIDEO  
WEBCAST**

WED-FRI  
February 7-9, 2018

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3-Day Intensive Training

# Advanced Mindfulness Certificate Course

Featuring Mindfulness Expert, **Donald Altman, M.A., LPC**

**ROSEVILLE, MN**

Wednesday - Friday  
February 7-9, 2018

**LIVE VIDEO WEBCAST**

Wednesday - Friday  
February 7-9, 2018

**REGISTER NOW!**

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3-Day Intensive Training

# Advanced Mindfulness Certificate Course

Based on the best-selling, award-winning book *The Mindfulness Toolbox*, this workshop will give you transformative mindfulness tools to overcome anxiety, depression, stress, chronic pain and more!

Featuring Mindfulness Expert,  
**Donald Altman, M.A., LPC**

- Detailed demonstrations and hands-on instruction in over a dozen mindfulness practices
- Evidence-based approaches that shift attention, regulate emotion, and manage depression
- Heal emotional pain with acceptance, forgiveness, and compassion
- Manage moods with interventions that master clients' attention and memories
- Change your clients' perception of chronic pain with effective grounding techniques

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# Objectives

1. Incorporate up-to-date mindfulness practices into your treatment plans.
2. Analyze Interpersonal Neurobiology and understand how mindfulness can rewire the brain.
3. Investigate how diaphragmatic breathing turns on the parasympathetic nervous system and controls arousal.
4. Instruct clients on how mindfulness can manage technology and stop ‘weapons of mass distraction’ from negatively rewiring the brain.
5. Integrate storytelling into treatment to shift awareness, enhance relationships, and recognize strengths.
6. Support improved cognitive brain function and better self-care in clients with mindful body practices.
7. Produce greater positive emotions in clients with evidence-based methods for shifting attention.
8. Categorize stress as ‘good’ or ‘bad’ and employ four essential techniques for reducing ‘bad’ stress.
9. Communicate how lifestyle changes can alter the damaging effects of stress at the cellular level.
10. Practice the stress-reducing transition skills of mindful movement and mindful walking with your clients.
11. Use the S-T-O-P grounding technique to control impulses and cravings.
12. Reframe and manage clients’ pain using guided meditations and non-judgmental attention techniques.
13. Implement constructive distancing to help clients get a broader perspective on any situation.
14. Prepare affirmations and methods for developing self-compassion and feelings of safety, trust and forgiveness.
15. Explore the biochemistry of laughter and ways to include laughter in therapy.
16. Weigh the latest research on gratitude and evaluate how it can be used to manage depression.
17. Establish a mindful nature connection in clients and recognize the effects of nature on focus and moods.
18. Manage clients’ difficult or unresolved life situations through metacognition.

LIVE WEBCAST DETAILS

Join us on February 7 - 9, 2018, for this live, interactive webcast!

Invite your entire organization and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$39.99 per CE Certificate for each additional participant.

Target Audience:

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

**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.

Bio

**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.

Certificate of completion will be awarded at the end of the training.

Live Seminar & Webcast Schedule (each day)  
(Times Listed in Central)

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.



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**Seminar on DVD or CD 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](http://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.

**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 \$90 cancel fee. Substitutions are permitted at any time.

## SAVE BY INCLUDING THESE PRODUCTS WITH REGISTRATION!

**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.

**101 Mindful Ways to Build Resilience**  
*Cultivate Calm, Clarity, Optimism & Happiness Each Day*  
By Donald Altman, MA, LPC - **Your Presenter!**  
*101 Mindful Ways to Build Resilience* 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. Discover how you can cultivate calm, clarity, optimism and happiness each day and retrain your brain to overcome any problem.

**Mindful Reminders Card Deck:**  
*52 Powerful Practices for Adults*  
By Mitch R. Abblett, 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.

**Stay Mindful & Color:**  
*Find Calm, Clarity and Happiness*  
By Donald Altman, M.A., LPC - **Your Presenter!**  
Integrating easy-to-use, life-enhancing coping skills with beautifully detailed and illustrative drawings that visually reinforce each mindfulness practices. Let this pioneering coloring book reboot and rewire your brain, one centering, soothing practice and joyfully optimistic drawing at a time.

More info and resources at [www.PESI.com](http://www.PESI.com)

Certificate Course & Webcast Continuing Education Credit Information for entire training

**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.

**ADDITIONAL COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 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 19.0 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.

**MINNESOTA COUNSELORS:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**WISCONSIN COUNSELORS:** This intermediate activity is approved for 19.0 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1140 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.

**MINNESOTA MARRIAGE & FAMILY THERAPISTS:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

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

**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 19.0 contact hours.

**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 19.0 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](http://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 19.0 (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.

**MINNESOTA SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 19.0 continuing education hours.

**OTHER PROFESSIONS:** This activity qualifies for 1140 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.

How to Register

3 Day Advanced Mindfulness Certificate Course

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 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:**  
\$90 Tuition: If you are interested in being our registration coordinator for all three days, 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 Day Advanced Mindfulness Certificate Course

\_\_\_ Seminar on DVD\* (video) \$499.99 (RNV053245)  
\_\_\_ Seminar on CD\* (audio) \$469.99 (RNA053245)

\_\_\_ **The Mindfulness Toolbox\*** book \$29.99 (PUB082210)

\_\_\_ **101 Mindful Ways to Build Resilience** book\* \$16.99 (PUB084145)

\_\_\_ **Mindful Reminders Card Deck\*** \$16.99 (PUB084645)

\_\_\_ **Stay Mindful & Color** book\* \$19.99 (PUB084635)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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