

A NOTE FROM YOUR SPEAKER.

If you are reading this, I know you are interested in healing.

As a clinician, you know that exploring the various treatment modalities to facilitate that healing upholds the rigor of our profession.

For me, it became very clear that over many decades of that same pursuit, that the symptoms presented by my clients could become their ally - if they learned how to relate to them differently.

Whether the problem is **stress, anxiety, depression, grief, trauma, or catastrophic illness**, that presenting problem is the gateway to healing. It is dependent upon the quality of awareness and relationship applied to the perceived 'problem'. Hence, my life's work is creating conducive environments for the health of individuals.

Mindfulness, and specifically the **original template for mindfulness based interventions, MBSR**, is teaching clients how to access their innate ability for healing through a new kind of awareness.

Join me in this restorative 2-day workshop to learn the original template for healing as developed by **Jon Kabat-Zinn, Ph.D.**, leave with the tools that will transform your clinical practice – and help you with your own stress and burnout.

Here's to healing,
Diane

**Attend and get practical skills from
MBSR principles and how to adapt
these to a variety of clients & settings!**

“Diane’s practice, wonder, and gift of expression are exquisite.”

~ F. Maleo-Myer, Director of Training Center for Mindfulness, UMASS.

“I am more confident, open-minded, open-hearted, centered and resilient as a result of Diane’s guidance in MBSR.”

~ Training participant

LEARNING OUTCOMES

1. Present the core beliefs of Mindfulness Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
3. Implement various mindfulness practices utilized to decrease stress and improve symptomology.
4. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
5. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
6. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
7. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
8. Evaluate the use of interpersonal mindfulness in facilitating effective communication and increasing awareness in the client.
9. Appraise the applicability of neuroscience research to stress reduction and ascertain its clinical implications.
10. Determine specific adaptations of MBSR practices that can be utilized to treat symptoms of anxiety, depression, addiction and trauma.
11. Establish MBSR practices that are developmentally appropriate and effective for children and adolescents.
12. Articulate the methods by which MBSR can be interfaced with psychotherapy practices to improve clinical outcomes.

SPEAKER

Diane Renz, M.A., L.P.C., has 37 years of Mindfulness experience, trained with Jon Kabat-Zinn & Saki Santorelli at the Center for Mindfulness, UMASS.

Diane is a Neuroscience Practical Applications Facilitator, Licensed Psychotherapist, workshop developer, Mindfulness instructor & MBSR teacher, who founded Your Gateway to Healing™, a worldwide counseling, coaching, and consulting service.

Utilizing the latest neuroscience studies that show our capacity for changing our brains & biology through focused attention, she presents a variety of somatic and mindfulness based practices to help people affect positive state & behavioral changes, that are detailed in her upcoming book on Anxiety, based on her current trademarked workshop, “Healing Beyond Anxiety™: Body as Ally.”

With over 30 years in human services, trained in Transpersonal & Contemplative Psychology, philosophy, religious perspectives, as well as, extensive post graduate studies in Trauma and Somatic psychology, her work is a confluence of various schools of thought and personal experiment, and is fueled both by professional training and personal exploration.

She has studied with Dan Siegel, MD, in the field of neuroscience and Interpersonal Neurobiology, Jon Kabat Zinn in Mindfulness Based Stress Reduction, and integrates the teachings of numerous other thought leaders in the field of Somatic research and Neuroplasticity. Diane’s view of a person’s inherent health guides her work; each symptom becomes opportunity for healing. Both her professional and personal experience has proven that you can turn ‘pain into possibility’™ as it becomes your Gateway to Healing™.

Speaker Disclosures:

Financial: Diane Renz is the Founder of Your Gateway to Healing™. She receives a speaking honorarium from PESI, Inc.

Non-financial: Diane Renz is a member of UMASS Center of Mindfulness.

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OUTLINE

Foundational Principles

The Origin of MBSR
Goals and Principles
Populations Served
Assessment and Orientation
MBSR Ground Rules
Teacher competencies

The Curriculum—Themes

Class 1-3 Grounding Mindfulness in the Body
Class 4-5 Stress Reaction versus Response
Class 6-7 Communication and Interpersonal Mindfulness
Class 8 Summation and Bringing Mindfulness Home
All Day Session

Establishing Mindfulness Practices

Defining Mindfulness
Introducing Mindfulness Experientially and Verbally
7 Essential Attitudes in Establishing Mindfulness

Establishing Intention and Commitment to Practice

Language —Using Gerunds and the Vernacular
Leading an Awareness Exercise: The Raisin

Guidance in Formal Mindfulness Practices

The Body Scan
The Sitting Meditation with Awareness of Breath
Yoga
Walking Meditation
Loving-Kindness Meditation
Practice in Leading a Mindfulness Meditation

Applying Mindfulness to Daily Life

Creating Home Practices
Use of Homework
The S.T.O.P.
The Three Minute Breathing Space
Awareness Exercises

Clinical Issues: Working with Difficulties

The Process of Inquiry including Role Playing and Practice in Inquiry
Working with Feeling
Working with Pain and Stress
Working with Anxiety and Panic
Application of Neuro-Science Research

Adaptations of MBSR for:

Depression
Addictions
Trauma
Children and Adolescents

Inter-personal Mindfulness and Communication

Akido for MBSR
Use of Dyads
Group Process
Interface with Psychotherapy



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



The Mindfulness Toolbox

50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman, MA, LPC

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.

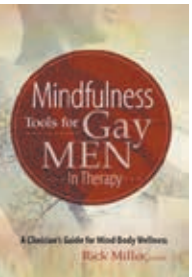


Mindful Reminders Card Deck: 52 Powerful Practices for Teens & Adults

By Mitch Abblett, Ph.D. & 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.

*Manage Stress and Anxiety * Improve Focus * Sleep Better*



Mindfulness Tools for Gay Men In Therapy

A Clinician's Guide for Mind-Body Wellness

By Rick Miller, LICSW

Mindfulness Tools for Gay Men in Therapy is designed to free your clients from shame, find safety, peace, and be truly himself. International trainer, author and gay male psychotherapist, Rick Miller, LICSW, utilizes over 30 years of personal and clinical experience to deliver an interactive book that successfully integrates mindfulness, meditation and self-exploration to accelerate the power of therapy.

Live Workshop 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 ceps@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.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

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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.

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 12.5 (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.

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

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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:

\$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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