

Outline

The Latest Research on Tai Chi as a Clinical Intervention

Benefits and limitations
Physical, emotional, mental
The role of the Vagus nerve
Interdisciplinary research from the fields of psychology and sociology

Make Tai Chi Postures Easy and Natural for Your Clients

The 13 basic postures of Tai Chi
Yang Style – learn the moves
Regulated breathing
“Push Hands” and partner based exercises
Step-by-step instruction

Incorporate Tai Chi into Your Treatment Plans for Depression and Anxiety

4 ways to use Tai Chi to relieve symptoms of depression
Nonjudgmental observation of internal thoughts
Process intervention with the client
Demonstration and experiential exercise

Help Stressed Clients Cope with Meditative Movement

Anchor attention
Experience events without focusing on the extreme
Focus on the breath to reduce stress
Intervention demonstration and experiential exercise

Objectives

1. Analyze research on Tai Chi's impact on depression and anxiety and articulate what this means for its use in clinical practice.
2. Model the postures and movements of Tai Chi to guide clients in a moving meditation practice.
3. Establish the role of the Vagus nerve in reducing anxiety and communicate how Tai Chi can be used in-session to stimulate it.
4. Incorporate Tai Chi movements with meditation techniques to anchor the attention of stressed clients.
5. Articulate how Tai Chi can be individualized for physically limited clients and communicate how these modifications can promote more effective participation in therapy.
6. Characterize how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions, and behaviors.

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.

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.

Addiction: Adapt Tai Chi to Help Control Addictive Cravings

Identify addictive cravings
Disengage from automatic thoughts and triggers
Adapt Tai Chi to specific client symptoms
Demonstration of intervention
Experiential exercise

Tai Chi for Chronic Pain

The latest research
Adaptive exercise for special populations
Step by step instruction on Tai Chi exercises for chronic pain
Salutation
Repulse the monkey
Move hands like clouds
White eagle spreads its wings

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

Target Audience: Social Workers • Counselors
Psychologists • Marriage and Family Therapists
Addiction Counselors • Psychotherapists
Nurses • Case Managers • Nurse Practitioners
Occupational Therapists



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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Shame Shields

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Integrate
Tai Chi
into Your Clinical Practice

*Rejuvenate Your Treatment Plans for **Depression, Anxiety, Stress, Addiction, and Chronic Pain** with the Power of Moving Meditation*

FAIRFAX, VA
Monday, April 23, 2018

ELLICOTT CITY, MD
Tuesday, April 24, 2018

TIMONIUM, MD
Wednesday, April 25, 2018

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Integrate
Tai Chi
into Your Clinical Practice

*Rejuvenate Your Treatment Plans for **Depression, Anxiety, Stress, Addiction, and Chronic Pain** with the Power of Moving Meditation*

- Add fun and energy to your sessions with Tai Chi
- The latest research supporting the use of Tai Chi as a clinical intervention
- Easy-to-learn Tai Chi postures and movements you can immediately use in your clinical practice
- Detailed instruction on incorporating Tai Chi into your treatment plans
- How to use Tai Chi for clients of all ages and stages of health

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Integrate
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into Your Clinical Practice

Rejuvenate Your Treatment Plans for **Depression, Anxiety, Stress, Addiction, and Chronic Pain** with the Power of Moving Meditation

Are you looking for something to bring fun and energy to your sessions? Something more than “therapy as usual” that will have your clients eager to engage in the therapeutic process?

Tai Chi does much more than create a relaxed state of body and mind -- a growing body of research supports that its combination of gentle and adaptable exercise, breath awareness, and focus offers a host of benefits for improved mental and physical health. Tai Chi can help reduce stress and anxiety, alleviate depression, curb our cravings, and alter our perception of pain. But you're hesitant to jump in, concerned that incorporating Tai Chi into your clinical practice will be too time intensive, too complicated to learn, and too difficult to introduce to your clients.

Stop worrying and start moving! In this unique and experiential workshop, you'll **quickly learn the basic skills of Tai Chi and discover how to incorporate it into your treatment plans** for depression, anxiety, stress, addictive cravings, and chronic pain. And you won't be spending your day in a chair! **This seminar will get you up and moving while you learn.**

No previous knowledge or background in Tai Chi is required to take full advantage of this seminar. You will receive detailed instruction on the practice of specific Tai Chi postures and movements, as well as strategies to introduce them to your clients so they can get started right away. Your instructor will **connect the dots between the practices of Tai Chi, meditation, and Cognitive Behavioral Therapy** and demonstrate the techniques most appropriate for the disorders you see in clients each day. Discover how you can use Tai Chi to add fun and energy to your sessions, engage your clients, and focus them on the path to healing and change.

Key Benefits of Attending:

- Step-by-step instruction on the basic postures and movements of Tai Chi
- 4 easy ways to use Tai Chi to relieve symptoms of depression
- Powerful techniques to anchor attention and reduce stress with meditative movement
- Effective methods to combine Tai Chi with CBT to disengage clients from the automatic thoughts and triggers that fuel their addictions
- Guided exercises that are adaptable for clients of all ages and stages of health

Featuring demonstrations and guided experiential exercises, this seminar will have you feeling confident and prepared to bring Tai Chi into your clinical practice. Better still, you'll be wholly engaged in what you learn during the day and leave feeling more relaxed, more attentive, and more energetic!

Sign up today!

Speaker

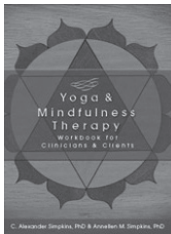
Dr. Elizabeth Nyang Ed.D., M.A., LCPC, is a licensed counselor and certified Tai Chi instructor who works with clients dealing with mood disorders, life issues, and addictions. She uses mindfulness and Tai Chi techniques to help them reduce stress and gain insight into their problems. Dr. Nyang also accepts clients in need of treatment for alcohol and drug addiction and works with them in a special program that includes group and individual counseling to help them build a plan to get in and stay in recovery. A longtime student of meditation, Dr. Nyang spent one year learning walking and sitting meditation at a Buddhist Temple. She earned her master's degree in counseling from Seaton Hall University and her doctorate degree in counseling education from the American School of Professional Psychology at Argosy University.

Speaker Disclosures:

Financial: Elizabeth Nyang is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Elizabeth Nyang is a member of the American Counseling Association; and the Maryland Counseling Association.

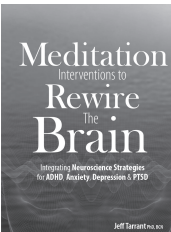
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By Charles A. Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook is organized with: tools to get you started, clear instructions to guide you in the practices of yoga and mindfulness, and application of the practice for anxiety, stress, depression, trauma and substance abuse.



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.

Call customer service at 800-844-8260

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 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.

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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 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 6.0 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 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.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the 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.

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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.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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: This course is for informational purposes only. No continuing education credit is available.

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 6.25 (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.

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**.

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We recommend that you wear clothing that is loose, comfortable and allows for unrestricted movement.

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

• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

*Advance registration required.
Cannot be combined with other discounts.*



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

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___ Seminar on CD* (audio) \$169.99 (RNA0XXXX)

___ ***Yoga & Mindfulness Therapy Workbook for Clinicians and Clients**** \$29.99 (PUB082205)

___ ***Meditation Interventions to Rewire the Brain* book*** \$29.99 (PUB085030)

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