For additional details: www.pesi.com/CAJune to **PESI,** 6Digits) (59505PET **♀** П

Hours

For additional deta Regi 800-554-9775

Haw

8

# CERTIFICAT **PROGRAM**

# Integrating Mindfulness-Based Stress Reduction (MBSR) Skills in Clinical Practice

The most utilized and researched program for teaching mindfulness is Mindfulness-Based Stress Reduction (MBSR) and adaptations of this 8-week model. MBSR is clinically beneficial to have profound benefits on emotional and physical well-being as well as a wide range of chronic conditions. MBSR and adapted programs is now used as the basis for many interventions, including treatment for depression, anxiety, trauma, addiction, ADHD and pain.

Mindfulness and yoga are best taught by those who practice them. This didactic and experiential workshop will introduce and deepen practices for clinicians and explore how these can be conveyed in a broad variety of populations and settings. In addition, highlights of the current research on the benefits of mindfulness and yoga will be presented. All levels are welcome to learn and expand the formal and informal practices of mindfulness in stillness, movement and communication. We will explore the foundations of mindfulness through personal practice, and ways to introduce, teach and employ mindfulness in group or individual practice.

You will also learn how cultivating a personal mindfulness practice can enhance the therapeutic alliance, a key factor in all clinical encounters.

Integrating mindful practice, dialogue and research, this retreat will offer a spacious and balanced schedule of teaching, meditation, gentle clinical/office-based yoga (for chair or floor practices), mindful eating and walking and noble silence. Learn how to introduce mindfulness in groups and individual sessions, working with at risk, physically, mentally and emotionally challenged populations, the general population as well as in clinics, hospitals and other institutional settings.

Whether you are a curious beginner or an advanced practitioner wondering how to integrate these practices with your clients- this workshop is for you! In a peaceful, restorative setting, experience group practice, dialogue and plenty of free time for contemplation and rest.

Limited availability! Register today at www.pesi.com/CAJune

# Co-Facilitators

Elana Rosenbaum, MS, LICSW, has been integrating mindfulness with psychotherapy for over 30 years. She is a leader in the clinical application of mindfulness meditation to cancer care and is a pioneering teacher of Mindfulness-Based Stress Reduction at the Center for Mindfulness, the University of Massachusetts Medical School. She is the author of the new best-selling The Heart of Mindfulness-based Stress Reduction: A MBSR Guide for Clinicians and Clients and Here for Now: Living Wel with Cancer through Mindfulness and Being Well (even when you're sick): Mindfulness Practices for People Living With Cancer and

Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought after mindfulness coach, teacher, speaker, workshop leader and research consultant. She has been featured in "Chronicle" on CBS and mentioned in many magazine articles including Yoga Journal, Health, Coping, and the PBS audio series, "Walking through the Storm". She is currently working on her third book, a workbook of mindfulness exercises for optimal living.

SPEAKER DISCLOSURE: Financial: Elana Rosenbaum maintains a private practice. She receives royalties as an author for Shambhala and Satya H Publications. Ms. Rosenbaum receives a speaking honorarium from PESI, Inc.

Lucia McBee, LCSW, MPH, CYI, began her mindfulness-based stress reduction journey in 1992. Always interested in meditation and yoga, her mindfulness practice was inspired by a client with chronic pain. Looking for alternative treatments, she discovered MBSR, which requires a serious practice commitment from the teacher. She participated in professional training in mindfulness-based stress reduction in 1994 and the first MBSR teacher development intensive at the Center for Mindfulness in 1997. She also completed training in Mind/Body/ Spirit Medicine at the Center for Mind/Body Medicine in 2000. In 2008, Lucia became a certified Kripalu yoga teacher. Since 1998, she has taught MBSR to a wide variety of populations including mental health care professionals, frail elders and caregivers, college students, persons with HIV, those recently released from incarceration, and courses for the general population

In addition to teaching MBSR, Lucia is a licensed clinical social worker in both New York and Maine. Following her graduation from Columbia University School of Social Work and Public Health, she developed a pioneering practice using mindfulness and complementary and alternative medicine (CAM) to improve the quality of life in community, hospital and nursing home settings. Her book Mindfulness-Based Elder Care, is based on her innovations in adapting mindfulness and complementary and alternative medicine for elders and their caregivers. She has published numerous articles in peer-reviewed journals and chapters in many books describing her adaptations of mindfulness. Her presentations have included national and international conferences. She regularly presents to and consults with institutional and community direct-care providers.

She is a freelance author, consultant and faculty at Columbia University School of Social Work

SPEAKER DISCLOSURE: Financial: Lucia McBee is an adjunct faculty for Columbia University School of Social Work. She receives a speaking honorarium from PESI, Inc.

www.pesi.com/CAJune



### The Retreat will Provide

- Formal and informal practices of mindfulness meditation
- Five formal mindfulness practices.
- The STOP technique
- The essential components of the MBSR curriculum
- Mindfulness tools for working with specific clinical conditions such as trauma depression, anxiety, pain, addictions and the stresses of daily life
- Review research supporting clinical use of MBSR
- Experience in the language and practices used for introducing, instructing and quiding others
- Practice in leading and guiding brief mindfulness meditation including diaphragmatic breathing and three-minute breathing space
- Practice in mindful movement
- Greater understanding of the mind-body connection

## Retreat Content

#### LAYING THE FOUNDATION

**Introducing and Defining Mindfulness MBSR Ground Rules** 

**Creating Mindful Experiences** 

Applying Mindfulness to Daily Life

The Raisin

Languaging

**Establish Intention** 

Use of Homework

#### **GUIDANCE IN FORMAL MINDFULNESS PRACTICES**

The Body Scan

The Sitting Meditation with Awareness of Breath

**Anchoring Attention** 

The Sitting Meditation with Awareness of Sound, Sensations, Feelings and Thoughts

Adaptations to Yoga

Adaptations to formal practice

Loving-Kindness Meditation

#### **INFORMAL MINDFULNESS PRACTICES**

The S.T.O.P.

R.A.I.N.

The Three Minute Breathing Space

**Awareness Exercises** 

Urge Surfing

Seated and Standing Mountain Pose

#### THE CURRICULUM

Sequence of Classes and Themes

The Process of Inquiry

Working with Feelings: Pleasant and Unpleasant

Stress Reaction versus Response

Working with Pain and Stress Related Symptoms

Application of Neuro-Science Research

Communication

Inter-personal Mindfulness

#### **CLINICAL ISSUES AND ADAPTATIONS OF MBSR**

Benefits and Contraindications

Applications for Groups and Individual Therapy

Working with Anxiety

Working with Depression, Negative Cognitions

and Ruminations

Working with Addictions

Working with Children and Adolescents

Working with Trauma

Interface with Psychotherapy

Compassion and Healing

Healing Impact of Compassion on Brain

Primary and Secondary Causes of Suffering

Heal Shame with Understanding, Compassion and Non-shame Physiology

Non-anxious Presence as Clinician

# Retreat Outcomes

- 1. Present the core beliefs of Mindfulness-Based Stress Reduction (MBSR) as they relate to clinical treatment.
- 2. Articulate the essential core components of the MBSR program as they relate to clinical treatment.
- 3. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
- Implement various mindfulness practices utilized to decrease stress and improve symptomology, including a body scan, sitting meditation, walking meditation and yoga practices.
- 5. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of

- 6. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts
- 7. Interpret and differentially communicate mindfulness language appropriate for diverse populations.
- 8. Evaluate appropriate applications of mindfulness practices for treatment in populations with trauma history, mental health disorders, and emotional and physical disabilities.
- 9. Differentiate which mindfulness-based skills can be applied in a group therapy setting.
- 10. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
- 11. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.

Additional outcomes can be found online at www.pesi.com/CAJune





# INTEGRATING MINDFULNESS-BASED STRESS REDUCTION (MBSR) SKILLS IN CLINICAL PRACTICE

A RETREAT FOR PROFESSIONALS

## Retreat Schedule

#### Wednesday, June 6, 2018

3:00 - 4:30 pm Check in

4:30 - 5:45 pm **Program Introduction** 

6:00 - 7:00 pm Dinner

7:30 - 9:00 pm **Evening Lecture Experiential** 

#### Thursday, Friday & Saturday, June 7-9, 2018

6:30 – 7:30 am (Optional) Mindfulness & Yoga Practice

8:00 - 9:00 am **Breakfast** 9:30 am - 12:30 pm Lecture

12:30 - 2:30 pm **Lunch & Individual Activity** 

2:30 - 5:00 pm Lecture

5:00 - 6:00 pm **Individual Activity** 

6:00 - 7:00 pm Dinner

**Evening Lecture/Experiential** 8:00 - 9:00 pm

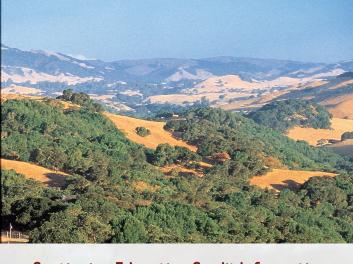
#### **Sunday June 10, 2018**

6:30 - 7:30 am (Optional) Mindfulness & Yoga Practice

for more info visit: www.pesi.com/CAJune

8:00 - 9:00 am Breakfast 9:30 am - 12:00 pm Lecture

12:30 - 1:30 pm\* Closing Lunch



## **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.

lf 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

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 efined in law as beyond the boundaries of practice in accordance with and in compliance with your profe

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 22.0 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

CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: OS-03-036-1017. This activity meets the qualifications for 22.0 CEH's (continuing

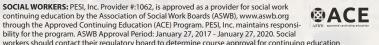
COUNSELORS: This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1320 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 the property of the property22.0 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 provider 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.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, ovider Number 13305 for 22.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

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 22.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendar



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 22.0 (Clinical) continuing education clock ours 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.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCA-TIONAL PSYCHOLOGISTS: This intermediate activity consists of 22.0 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

OTHER PROFESSIONS: This activity qualifies for 1320 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

Target Audience: Psychologists • Counselors • Social Workers • Psychotherapists Marriage & Family Therapists • Nurses • Addiction Counselors Mental Health Professionals

For additional information: www.pesi.com/CAJune