

HIGHLIGHTS OF THE INSTITUTE

- Tranquil, 95-acre park-like setting overlooking the Hudson River
- Former Capuchin monastery
- Gardens & gazebo on the bluff by the river
- Healthful, world-renowned vegetarian cuisine
- Beautiful walking paths
- Ideal setting for meditation, contemplation
- Yoga mat provided



MINDFULNESS & MEDITATION IN CLINICAL PROFESSIONALS

Finally, the intensive multi-day mindfulness and meditation training in a retreat setting you've been waiting for! You have had exposure to mindfulness. You've read the articles and taken one-day classes. You know the benefits, but you're **looking for more...**

This is your opportunity to get away, immerse yourself in the evidence for these practices, learn the skills and integrate them into your clinical work. Leave able to teach these skills to others – something most trainings do not give you!

In this magnificent setting in the Hudson River valley, you'll get more!

- **More answers** to your specific questions on how to establish a mindfulness practice in your clinical work.
- **More direction** on how to integrate mindfulness into your treatment plans for specific disorders including anxiety, depression and trauma.
- **More practice, guidance and feedback** on utilizing mindfulness in specific therapeutic sessions.

Get the direction you're seeking with the in-depth training that only an intensive retreat can provide!

- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- "Go-to" techniques immediately applicable to your clinical practice
- Address toxic anger and reduce the body's anger response
- Guidance and interactive demonstrations
- Step-by-step instruction on specific mindfulness interventions and exercises

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

LEARNING OUTCOMES

Learning outcomes can be viewed online at www.pesi.com/MindfulNY

No Mindfulness or Meditation experience needed!

PESI sponsored retreat located at Garrison Institute, Garrison, NY



How to Register

For additional details: www.pesi.com/MindfulNY

Choose the easiest registration method for you:

ONLINE PHONE	www.pesi.com/MindfulNY 800-844-8260 <small>Please have credit card available</small>	FAX EMAIL	800-554-9775 events@pesi.com
RETREAT LOCATION	Garrison Institute 14 Mary's Way Route 9D Garrison, NY, 10524 (845) 424-4800	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000

RETREAT IS LIMITED TO TRAINING PARTICIPANT'S ONLY.

Guarantee
★★★★★
Your satisfaction is our goal — and our guarantee! If you are not satisfied with our products, we'll make it right!
PESI

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name _____

Profession _____

Address _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph (_____) _____

E-mail address _____

For your convenience, confirmations are sent via email.

2 Tuition and 3-nights stay (63825GSSN) **September 10-13, 2018**
Registration closes August 13, 2018

CE Certificate & Course manual _____

Healthful vegetarian cuisine (3 meals daily) _____

Yoga mat for use during your stay _____

****Bring a friend and SAVE \$200 each!**

Tuition and 3 nights stay, double occupancy _____

To register for double occupancy, please submit both registration forms at the same time. Indicate your roommate's name on the line below.

Roommate's name: _____

Early bird by 8/30/18 \$1,399 per person

Standard \$1,599 per person

Early bird by 8/30/18 \$1,199 per person

Standard \$1,399 per person

3 Please indicate method of payment.

Check enclosed payable to **PESI, Inc.**

Am. Exp. (15 Digits) VISA (13-16 Digits) MC (16 Digits) Discover Novus (16 Digits)

Card Number: _____

Card Expires: _____

Signature: _____

V-Code #: _____

Total _____

For cancellation policy and FAQ go to: www.pesi.com/MindfulNY

For additional details: www.pesi.com/MindfulNY

★★★ CERTIFICATE PROGRAM ★★★
IN A RETREAT SETTING

MINDFULNESS & MEDITATION IN CLINICAL PRACTICE

September 10-13, 2018
Garrison Institute
Garrison, New York

Reserve today!
Limited availability

Earn Your
Certificate
Up To 16 CE
Hours

www.pesi.com/MindfulNY



Retreat Content

MASTER THE CORE SKILLS OF MINDFULNESS

Treatment Concepts

Introduction of mindfulness to clients
Mindfulness as self-directed neuroplasticity
Mindfulness as a skill-based path
Reconsolidation of neural networks through mindfulness practice

Experiential exercise: self-regulation techniques

Strengthening Therapeutic Presence

Benefits of therapeutic presence: presence, attunement, resonance, trust

Stabilize the mind: the foundation of focus

Self-regulation: the foundation of settledness

Spaciousness: the foundation of openness

Five Core Skills of Mindfulness

Clarify, set and re-affirm intention

Cultivate witnessing awareness: metacognition

Stabilize attention

Strengthen self-regulation

Practice loving-kindness for self and others

Experiential exercise: stability of attention and awareness

Neuroscience and Mindfulness

Effective drivers of neuroplasticity

Interpersonal neurobiology: importance of early experiences

Formation of mental models: core negative beliefs

Neuroception and the operation of the brain's survival mechanisms

Explicit and implicit memories

Adaptive safety strategies: negative side effects

Experiential exercise: cultivate an inner refuge

Mindfulness Practices that Change the Brain

Themes in beginning mindfulness practice

Am I focused or distracted?

Am I settled/grounded or tight/churning?

Mindful transitions: a practice for new clients

Stop-breathe-reflect-choose practice

Development of client self-talk, scripts and mantras

Positive visualization practice

Cultivate a new vision of self: transform core negative beliefs

TRAUMA, ANXIETY, DEPRESSION, RELATIONSHIPS, ANGER, STRESS AND SEX

Mindfulness for Trauma

Cultivate safety and groundedness

The dysregulated nervous system

Experiential exercise: positive visualization

Mindfulness for Anxiety

Witness the anxious mind

Get unstuck from anxious rumination

Experiential exercise: self-regulation practices for anxiety

Mindfulness for Depression

Core negative beliefs that power depression

Cultivate motivation and action

Experiential exercise: develop behavioral plans with the client

Mindfulness for Relationships

Clarify intentions that work in relationships

Transform unhealthy patterns

Experiential exercise: cultivate positive experiences/exchanges



Mindfulness for Anger

Understand the source of anger energy

Identify the anger storm

Clarify the practice when anger arises

Experiential exercise: rehearsal of the stop-breathe-reflect-choose practice

Mindfulness for Stress

Educate the client about the impact of stress

Change the stress reaction through practice

Experiential exercise: strengthen awareness of stress response, shifting to relaxation response

Mindfulness for Sex

Create conditions for healthy and mutually satisfying sex

Open to the full power of sexual intimacy

Mindfulness In-Session

Avoid compassion fatigue

Approach each session as meditative practice

Counsel "in the flow"

Experiential exercise: Sky-Like Mind Practice

Retreat Schedule

Monday-Thursday, September 10 - 13, 2018

Monday, September 10, 2018

3:00 - 4:30 pm* Check in
4:30 - 5:45 pm Program Introduction
6:00 - 7:00 pm* Dinner
7:30 - 8:30 pm Evening Session/Experiential Activity

Tuesday - Wednesday, September 11 - 12, 2018

7:00 - 7:30 am* Optional Meditation Practice
8:00 - 9:00 am* Breakfast
9:30 am - 12:30 pm Morning Session
12:30 - 1:30* Lunch
1:30 - 2:30 pm* Individual Activity
2:30 - 5:00 pm Afternoon Session
5:00 - 6:00 pm* Individual Activity/Leisure Time
6:00 - 7:00 pm* Dinner
7:30 - 8:30 pm Evening Session & Experiential Activity

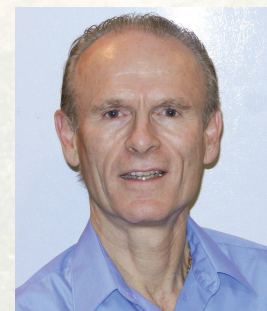
Thursday, September 13, 2018

6:30 - 7:30 am* Optional Mindfulness & Meditation
8:00 - 9:00 am* Breakfast
9:30 am - 12:30 pm Lecture
12:30 - 1:30 pm* Closing Lunch and program conclusion

* CE hours are not awarded for this time.



Facilitator



Terry Fralich, LCPC, is a co-founder of the Mindfulness Retreat Center of Maine and former adjunct faculty member of the University of Southern Maine Graduate School. He has led more than 400 seminars, trainings and retreats both nationally and internationally. His expertise consists of mindfulness, neuroscience, CBT, brain change, emotional intelligence, stress reduction, meditation and the treatment of anxiety and depression. He has been teaching transformative mindfulness skills and practices for 20 years and has pursued his own practice of mindfulness and meditation for 40 years. Terry studied extensively with His Holiness the Dalai Lama for 25 years and with some of the American pioneers of mindfulness. He is the author of *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness* and *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*.

Speaker Disclosure:

Financial: Terry Fralich is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Terry Fralich has no relevant non-financial relationship to disclose.

For cancellation policy and FAQ go to: www.pesi.com/MindfulNY



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 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 16.0 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.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

COUNSELORS: This intermediate activity consists of 16.0 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.

NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MH-C-0033. This activity will qualify for 19.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 960 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.

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 19.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity consists of 16.0 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 this activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #3322. Full attendance at this course qualifies for 16.0 contact hours or 1.60 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: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Alabama, Arkansas, California, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, and Pennsylvania. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 16.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 16.0 (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.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 19.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONALS: This activity qualifies for 960 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: Counselors • Social Workers • Marriage and Family Therapists • Occupational Therapists • Addiction Counselors • Case Managers • Therapists • Nurses • Psychologists • Other Mental Health Professionals

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