

A note from your speaker.

I remember working as a psychotherapist in a non-profit HMO, seeing client after client. They were anxious, panic-attack prone or just unable to cope with stress. They had seen physicians with little success. I was of no help. I was stuck in a rut treating symptoms and focusing on what was wrong rather than treating them as an individual and reinforcing what was right.

Desperate to find something better for myself and my clients, I walked into a meditation class with the most amazing, dynamic and confident teacher. After one session I was more energetic, better able to cope, and found myself more attentive with my clients.

This caring and incredible instructor was Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR).

That was 30 years ago and since then, along with the help of Jon Kabat-Zinn, I have been able to transform my life and my practice, using these very principles I discovered at that yoga class back in Worcester, Massachusetts. I became an instructor alongside Jon, started my own practice, and was beginning to see incredible treatment outcomes with my clients. I was feeling energetic and confident in myself and my clinical work.

Then in 1995 I was diagnosed with cancer. I put Mindfulness-Based Stress Reduction to the test and experienced first-hand how to handle the pain and stress of chemotherapy and all that goes with a stem cell transplant.

My personal and clinical experience with this evidenced-based approach led to the development of mindfulness-based interventions for bone marrow transplants at the University of Massachusetts Medical Center, Emory University, and the Dana Farber Cancer Institute.

Mindfulness-Based Stress Reduction changed my life and has changed the life of many of my clients. I want to share these strategies with you.

These tools are powerful and simple, to see for yourself, go to www.pesi.com/go/elana where I have posted a FREE technique for you to use with your clients. Go now, it will only be available for the next two weeks, and if you like it...I hope to see you soon at my Course.

Here's to healing,
Elana Rosenbaum

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 symptomatology.
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

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 has authored, *Here for Now: Living Well with Cancer through Mindfulness and Being Well (even when you're sick): Mindfulness Practices for People Living With Cancer and Other Serious Illness*.

Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought after mindfulness coach, teacher, speaker, Course 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 House Publications. Ms. Rosenbaum receives a speaking honorarium from PESI, Inc.

Non-financial: Elana Rosenbaum has no relevant non-financial relationship to disclose.

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MBSR Mindfulness
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Presented by **Elana Rosenbaum**, MBSR Expert

BOISE, ID
Monday & Tuesday
January 7 & 8, 2019

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2-Day Certificate Course

MBSR Mindfulness
Based
Stress
Reduction

Presented by
Elana Rosenbaum,
MBSR Expert and author of
*The Heart of Mindfulness-based Stress
Reduction* book

"Elana Rosenbaum embodies in herself
everything she teaches to others."
-Jon Kabat-Zinn, Ph.D.

- Give your clients the skills to live in the present, and put stress and pain behind them!
- Learn from a "master" taught by Jon Kabat-Zinn

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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

Limitations of Research and Potential Risks

Various definitions of mindfulness
Research validity and reliability
Client may experience initial increase in symptoms
Special considerations for severe mental illness

Please bring a yoga mat, cushion or towel.

Live Course Schedule for Both Days

7:30 Registration/Morning Coffee & Tea

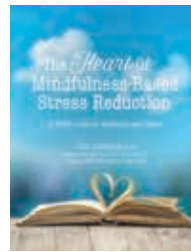
8:00 Program begins

11:50 - 1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

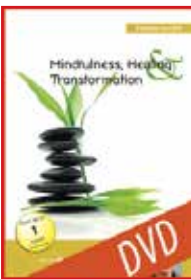
Save by Including These Products with Registration!



The Heart of Mindfulness-based Stress Reduction A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW - Seminar Speaker!

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.

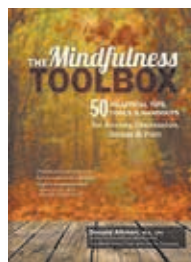


Mindfulness, Healing and Transformation: The Pain and the Promise of Befriending the Full Catastrophe

By Jon Kabat-Zinn, Ph.D.

When we first offered Bessel A. van der Kolk's 22nd Annual Trauma Conference on DVD, mental health professionals around the world asked for just a peek at Jon Kabat-Zinn's closing presentation. Now, here is your chance to watch his inspiring speech!

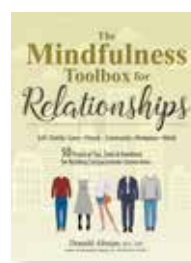
Jon Kabat-Zinn has an important and powerful message that ALL people who help those in need must hear. He reminds us that we deal "with the full catastrophe of the human condition" and that, as professionals, we need to make sure that we take care of ourselves so that we are at our best, which in turn brings out the best in our clients every day.



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.



The Mindfulness Toolbox for Relationships 50 Practical Tips, Tools & Handouts for Building Compassionate Connections

By Donald Altman, MA, LPC

Award-winning mindfulness author and expert Donald Altman delivers practical mindfulness tools that relieve stress and enhance daily living. Easy-to-use, detailed handouts offer freedom from old, stuck habits while providing life-affirming strategies for healthy, fulfilling, sustainable connections of all kinds, including relationships with family, friends, community, workplace and the world.

Seminars Designed Especially for

Counselors • Social Workers • Psychologists
Marriage and Family Therapists
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Live Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

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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 6.25 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.

OTHER PROFESSIONS: This activity qualifies for 760 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.

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2 Check Attendance Option
(make copy for your records)

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PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

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 free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

• **\$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.

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

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Advance registration required.

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— CD* (audio) \$269.99 (RNA049360)

— **The Heart of Mindfulness-based Stress Reduction*** book \$24.99 (PUB084875)

— **Mindfulness, Healing and Transformation** DVD* \$34.99 (RNV043985)

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— **The Mindfulness Toolbox for Relationships** book* \$29.99 (PUB085430)

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