

Outline

Bring Tai Chi to Your Practice

Research findings
When should I use Tai Chi with clients?
How do I handle progress notes and documentation?
Common billing questions answered
Homework for clients
Common mistakes to avoid
Yang Style – The 13 basic postures of Tai Chi

Depression and Anxiety:

Tai Chi as an Adjunctive to Traditional Treatments

The neuroscience of depression and anxiety
The impact of Tai Chi on the vagus nerve
Nonjudgmental observation of internal thoughts
Psychosocial elements of Tai Chi
4 ways to use Tai Chi to relieve symptoms of depression
How to use Tai Chi with CBT and talk therapy
Demonstration and experiential exercise

Stress Reduction:

Combine Coping Skills with Meditative Movement

Attention anchoring techniques
Teach clients to experience without focusing on the extreme
Focus on the breath to reduce stress
Tai Chi exercises to create deep calm
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. Employ a combination of CBT and Tai Chi to help disengage clients from automatic thoughts and triggers associated with addictive cravings.
6. Articulate how Tai Chi can be individualized for physically limited clients and communicate how these modifications can promote more effective participation in therapy.

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.

Tai Chi in the Treatment of Addiction and Addictive Cravings

Assess for comorbid conditions
Skills to identify addictive cravings
How Tai Chi can be used to:
Reduce cravings
Disengage from automatic thoughts and triggers
Push back impulsiveness
Build strength and resolve
Experiential exercises

Tai Chi for Chronic Pain

The science of pain perception
Factors that impact pain
Step by step instruction on Tai Chi exercises for:
Back pain
Muscle pain
Arthritis
How to use as an adjunct with CBT tools

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

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.

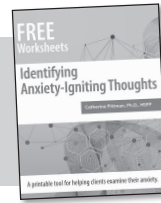


PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



★ LIMITED-TIME OFFER ★
Plus, get an exclusive limited-time offer on **Rewire the Anxious Brain** Certificate Course

pesi.com/anxietyworksheet

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Tai Chi

in Mental Health Clinical Practice

Rejuvenate Your Treatment of
**Anxiety, Depression, Stress, Addiction,
and Chronic Pain** with Meditative Movement

SACRAMENTO, CA
February 6, 2019

OAKLAND, CA
February 7, 2018

SAN JOSE, CA
February 8, 2018

PESI®
www.pesi.com

Register now! pesi.com/express/67599

Tai Chi

in Mental Health Clinical Practice

Rejuvenate Your Treatment of **Anxiety, Depression, Stress, Addiction, and Chronic Pain** with Meditative Movement

- Learn to use Tai Chi in conjunction with your existing treatment methods
- Quickly and easily incorporate movements into your therapeutic toolbox
- Bring healing to clients who fail to respond to traditional approaches



SACRAMENTO, CA
Wednesday, February 6, 2019

OAKLAND, CA
Thursday, February 7, 2019

SAN JOSE, CA
Friday, February 8, 2019

PESI®
www.pesi.com

Register now!
pesi.com/express/67599

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Tai Chi

in Mental Health Clinical Practice

Rejuvenate Your Treatment of **Anxiety, Depression, Stress, Addiction, and Chronic Pain** with Meditative Movement

You work hard to bring healing to clients of all types, even those who fail to respond well to traditional treatment approaches. Fortunately, nontraditional techniques like Tai Chi are increasingly proving their value in enhancing treatment and boosting wellness.

Tai Chi's combination of gentle and adaptable exercise, breath awareness, and focus offers a host of benefits for improved mental and physical health including stress and anxiety reduction, alleviating depression, curbing cravings, and altering perceptions of pain.

But you're concerned that bringing Tai Chi into your practice will be too time intensive, too complex to incorporate into your existing techniques, and too difficult to introduce to your clients.

Attend this unique experiential workshop to **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. Your instructor will **connect the dots between the practices of Tai Chi, meditation, and traditional therapies like CBT**, and demonstrate the techniques most appropriate for the disorders you see in clients each day.

Sign up today!

You'll be wholly engaged in what you learn and leave this seminar feeling attentive, energetic and prepared to bring greater healing to your clients!

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 accept 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:

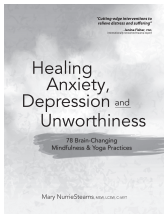
Financial: Elizabeth Nyang is in private practice. She receives a speaking honorarium from PESI, Inc.

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

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

Questions?
Call customer service at
800-844-8260

***SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**

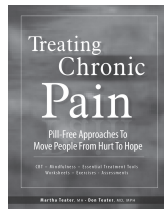


Healing Anxiety, Depression and Unworthiness

78 Brain-Changing Mindfulness & Yoga Practices

By Mary Nurriestearns, MSW, LCSW, RYT

A compassionate and practical workbook that provides 78 brain-changing practices to guide living with meaning and peace. Interactive format with journaling prompts. Step-by-step mindful yoga poses. Clinician treatment notes for each chapter.



Treating Chronic Pain

Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

The best treatment for chronic pain isn't found in a doctor's office or pharmacy-it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.

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.

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.



Live Seminar 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 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.

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 6.0 CEH's (continuing education hours).

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.

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.

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

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 6.0 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.

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 live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not 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.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 6.0 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 attendance and 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**.

How to Register:

TAI CHI IN MENTAL HEALTH CLINICAL PRACTICE

ONLINE
pesi.com/express/67599

PHONE
800-844-8260
Please have credit card available

FAX **800-554-9775**

MAIL
PESI
PO BOX 1000
Eau Claire, WI
54702-1000

WHAT TO WEAR

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

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

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

***Registrant's e-mail is required to receive your certificate of completion and registration confirmation.**

2 Check location: *(make copy of locations)*

☐ **SACRAMENTO, CA**
February 6, 2019 [67599SAC]
Crowne Plaza Sacramento Northeast
5321 Date Avenue • 95841
(916) 338-5800

☐ **OAKLAND, CA**
February 7, 2019 [67599OKD]
Holiday Inn Hotel & Suites Oakland
77 Hegenberger Road • 94621
(510) 638-7777

☐ **SAN JOSE, CA**
February 8, 2019 [67599SJO]
DoubleTree By Hilton Hotel San Jose
2050 Gateway Place • 95110
(408) 453-4000

REGISTER NOW:
pesi.com/express/67599

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.*



FOR OFFICE USE ONLY

Fed ID # 26-3896894
© 2018 PESI, Inc.

RB

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$24.99*** *Healing Anxiety, Depression and Unworthiness* book
☐ **\$24.99*** *Treating Chronic Pain* book

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

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

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

☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Integrate Tai Chi Into Your Clinical Practice

___ Seminar on DVD* (video) \$199.99 (RNV053620)

___ Seminar on CD* (audio) \$169.99 (RNA053620)

___ ***Healing Anxiety, Depression and Unworthiness*** book*
\$24.99 (PUB085500)

___ ***Treating Chronic Pain*** book* \$24.99 (PUB085190)

Product total \$ _____	
*Shipping is \$6.95 first item + \$2.00 each add'l item.	*Shipping _____
	Subtotal _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	**Tax _____
	TOTAL _____