3-Day Intensive Training

Advanced Mindfulness

Certificate Course

In this comprehensive, three-day certificate course, international mindfulness teacher and best-selling author Donald Altman will share powerful clinical tools that will help you create a clear roadmap to wellness. From grounding and attention-focusing skills to metacognitive awareness, Donald will deliver detailed demonstrations and instruction on over a dozen mindfulness practices you can use to improve treatment outcomes.

Best of all, you will learn to embody mindfulness as you help your clients overcome clinical anxiety, depression, chronic pain, PTSD, addictive cravings, and stress related symptoms!

Spend three experiential days with Donald and learn to:

- Alter clients' habitual and conditioned reactions to anxiety, chronic pain, and depression with practical evidence-based mindfulness techniques
- Apply mindfulness to pain and improve mental and physical functioning in your clients
- Reduce anxiety by mindfully managing transitions through movement
- Creatively adapt your newfound mindfulness tools to work with a variety of client populations

Donald is known for his compelling and entertaining presentations, and this 3-day workshop will get you excited about using mindfulness with your clients. Return to your practice with a wide range of tools to use in your next session!

Don't miss out – register now to reserve your seat!

Certificate of completion will be awarded at the end of the training.

Questions? Call customer service at **800-844-8260**

Outline

Mindfulness and The Latest Research
Mindfulness as a metacognitive skill
Negative effects of a wandering mind
Breathing for rumination and anxiety
Useful (and free) web resources

Introduce Mindfulness to Your Clients
Expand your mindfulness vocabulary
Help clients understand mindfulness
Find the right metaphor
Using clients' learning styles
* Practice: Getting into the Present Moment

The Power of Sense Grounding
Anxiety reduction with sense grounding
Mindfulness for transitioning between activities
Physical grounding method
Integrate progressive muscle relaxation
Spatial, visual, hands-on learning styles
* Practice: Palm the Present Moment

Brain Basics, Metacognition, and Interpersonal Neurobiology
Emotional regulation for depression and anxiety
Balance the brain's default survival mode
Effects of cortisol on learning and immune system
Visual Brain Model for clients
The brain's mindfulness module
The calm response and metacognition
Navy Seals, arousal control & parasympathetic nervous system
Heart rate variability & relaxation response
* Practice: The Power of Breath
* Practice: Ask Clients the 3-Minute Question

The Behavioral Side of Mindfulness
Core lifestyle skills awareness training
Sleep hygiene
Manage sleep
Sleep rituals and strategies
Healthy eating/nutrition
Caffeine, protein, neurotransmitters and the brain
Exercise
Manage technology - How weapons of mass distraction may be impacting the brain
* Practice: Assessment of Technology and Time
Focus the mind (useful for ADHD)
Integrate breath with a word/image
* Practice: Be the Pebble

Mindful Laughter for Depression and Grief
Tools for the "terminally serious"
Research on laughter and mood
Biochemistry of laughter & human laughter response
Laughter in therapy
* Practice: The Lightness of Laughter

The Uplifting Power of Storytelling
Storytelling, depression and relationships
Fredrickson's Broaden and Build Theory of Positive Emotions
Broaden attention; find resilience
Stories are fundamental to attachment
Build relationships through a story of strengths
* Practice: Identifying Strengths & Strengths Journal

Manage Moods through Attention and Selective Memory
Attention and memories
Savoring of the present moment
* Practice: Here and Now Pleasantness
Selective memory the past and future
* Practice: Savoring Success: Past, Present and Future

Harnessing Gratitude to Increase Positive Emotions
Gratitude research
Four psychological reasons for gratitude
Make gratitude interpersonal and enhance supportive social networks
* Practice: The G.L.A.D. Technique

Heal Emotional Pain through Acceptance, Forgiveness, and Compassion
Forgiveness is a skill
Research on compassion practice
Changes in brain function
Security priming for feelings of safety and trust
Develop positive emotions and resources
* Practice: Loving-Kindness Affirmation

The Truth About Stress
Biological markers of stress: Telomeres and aging
Identify and assess client stress levels
Perceived Stress Scale
Epstein Stress-Management Inventory
* Practice: Be a Smart Stress-Avoider

Mindfulness for Addictive Cravings
Emotional regulation for cravings
Impulse control and craving control using grounding
* Practice: S-T-O-P Grounding Technique

The Perception of Pain: Mindfulness and Chronic Pain
Introduction to the Body Scan Practice
Demonstrate how to pay attention non-judgmentally
Powerful grounding method; applications
* Practice: Surf the Body (The Body Scan)

The Power of Sense Grounding Trauma
Constructively distance from PTSD and negativity
Three kinds of sense grounding
* Practice: Focusing on Favorites

Reduce Anxiety by Mindfully Managing Transitions
Mindfulness, movement and nature
Process orientation vs. outcome orientation
Attention Restoration Theory
Effects of nature on focus, moods & healing
Integrated Tools—
* Practice: Ground-Surfing (Mindful Walking)
* Practice: Turning Down the Volume

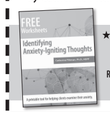
Re-Envision and Refocus
Working with difficult, unresolved life situations
Metacognition as a path to insight
* Practice: Bear Meditation

Put It All Together
Create a mindfulness roadmap for clients
Bundling practices together
Engage through learning styles
Maintain skills
Follow-up and reinforcement
Research limitations and the potential risks of mindfulness in treatment

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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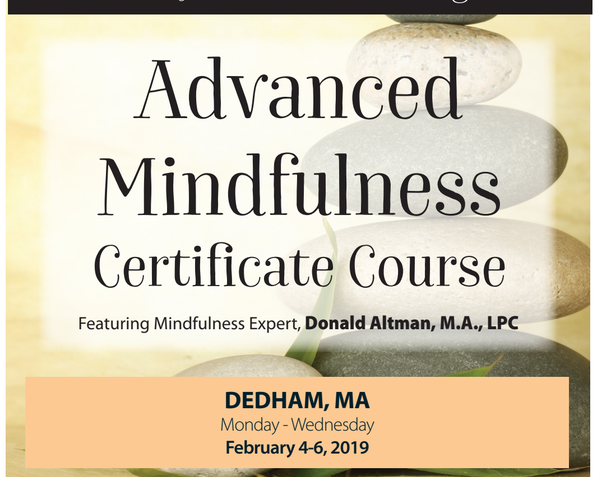
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3-Day Intensive Training

Advanced Mindfulness Certificate Course

Featuring Mindfulness Expert, **Donald Altman, M.A., LPC**

DEDHAM, MA
Monday - Wednesday
February 4-6, 2019



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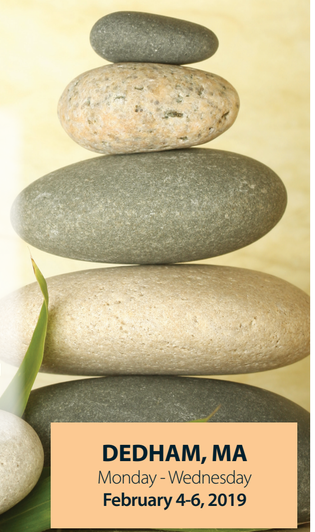
3-Day Intensive Training

Advanced Mindfulness Certificate Course

Based on the best-selling, award-winning book ***The Mindfulness Toolbox***, this workshop will guide you in bringing mindfulness to your treatment of anxiety, depression, stress and more!

Featuring Mindfulness Expert, **Donald Altman, M.A., LPC**

- **Detailed demonstrations and hands-on instruction over a dozen mindfulness practices**
- **Evidence-based approaches that shift attention, regulate emotion and manage depression**
- **Address emotional pain with acceptance, forgiveness and compassion**
- **Clinical implications of research exploring the relationship between chronic pain reduction and mindful awareness**



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Objectives

1. Evaluate how understandable explanations of mindfulness' impact on neurological processes involved in common mental health disorders can be used to promote engagement in treatment.
2. Explore the effect of diaphragmatic breathing on the parasympathetic nervous system and communicate how mindful breathing techniques can be incorporated into therapy.
3. Assess the latest research analyzing mindfulness, attention and depressive symptoms.
4. Connect how clinical tools based in mindfulness and grounding can be used to impact the biological stress response in clients with trauma.
5. Consider how treatment plans for depression can incorporate mindfulness interventions that clients can use to counter automatic patterns of thoughts.
6. Communicate the clinical implications of research regarding the health benefits of nature and exposure to the natural world.
7. Plan how mindfulness strategies focused on impacting the neural pathways associated with fear can be incorporated into treatment to help alleviate symptoms in anxious clients.
8. Articulate how mindfulness techniques that impact the areas of the nervous system associated with stress can be used in clinical practice.
9. Analyze the state of research on the use of mindfulness as an intervention for the management of chronic pain.
10. Scrutinize how barriers to implementing mindfulness can be overcome using practical informal techniques clients can easily and naturally incorporate into their lives.
11. Appraise the latest research on the efficacy of mindfulness as an approach to aid in relapse prevention for alcohol and substance use disorders.
12. Characterize how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
13. Communicate how self-compassion and feelings of safety, trust and forgiveness impact the therapeutic process.
14. Analyze the latest research regarding the biochemistry of laughter and the connection between laughter and mental and physical health.
15. Evaluate research on gratitude, it's impact on depressive symptoms, and how easy to implement gratitude exercises could be beneficial to clients.
16. Assess how mindfulness' ability to shift awareness can be used to positively impact relationships and help clients to recognize their strengths.
17. Establish how mindfulness can be taught to clients as a skill they can employ to ease anxiety associated with transitions.
18. Evaluate the role of compassion in treating clients suffering from high levels of shame and self-criticism.

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

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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 Shannon Todd at stodd@pesi.com or call (715) 855-6363.

Bio

Donald Altman, M.A., LPC, is a psychotherapist, award-winning writer, former Buddhist monk, teacher and an adjunct professor at Lewis and Clark Graduate School of Education and Counseling. He is also a faculty member of the Interpersonal Neurobiology program at Portland State University and teaches various classes blending mindfulness and Interpersonal Neurobiology. A prolific writer whose career spans more than 25 years, Donald has authored several pioneering books on mindfulness, beginning with his 1998 *Art of the Inner Meal*. His book, *The Mindfulness Code* was named as "One of the Best Spiritual Books of 2010." He has also authored *Meal By Meal, Living Kindness, One Minute Mindfulness, The Joy Compass, The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain* and his newest book *101 Mindful Ways to Build Resilience Cultivate Calm, Clarity, Optimism & Happiness Each Day*. In addition to his books, Donald was a staff writer for an EMMY-Award winning children's television show ("The Magic Door," CBS Chicago), won an American Medical Writer's Association Award, co-created the first interactive comic strip on America Online, and has had articles appear in *New Age Journal*, the *Los Angeles Times*, and *Independent Business Magazine*, among others. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives. Donald is also a member of the Burma Buddhist Association. An avid motorcyclist, he enjoys riding his motorcycle along the beautiful Oregon coast.

Speaker Disclosure:

Financial: Donald Altman is in private practice. He is an Adjunct Faculty member of the Interpersonal Neurobiology Program at Portland State University. Mr. Altman receives a speaking honorarium from PESI, Inc.

Non-financial: Donald Altman has no relevant non-financial relationship to disclose.

Certificate of completion will be awarded at the end of the training.

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Live Seminar Schedule (each day)

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.



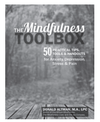
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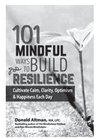


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By Donald Altman M.A., LPC - Your Presenter!

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.



101 Mindful Ways to Build Resilience:
Cultivate Calm, Clarity, Optimism & Happiness Each Day
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101 Mindful Ways to Build Resilience will give you newfound hope, optimism, and strength. These are simple, yet powerful mindfulness practices that you can apply in just a minute or two—whether you're facing something extremely annoying or seemingly insurmountable. Discover how you can cultivate calm, clarity, optimism and happiness each day and retrain your brain to overcome any problem.



Stay Mindful & Color:
Find Calm, Clarity and Happiness
By Donald Altman, M.A., LPC - Your Presenter!

Integrating easy-to-use, life-enhancing coping skills with beautifully detailed and illustrative drawings that visually reinforce each mindfulness practices. Let this pioneering coloring book reboot and rewire your brain, one centering, soothing practice and joyfully optimistic drawing at a time.



The Mindfulness Toolbox for Relationships:
50 Practical Tips, Tools & Handouts for Building Compassionate Connections
By Donald Altman, M.A., LPC - Your Presenter!

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.

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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 cepes@pesi.com or 800-844-8260 before the event.

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COUNSELORS: This intermediate activity consists of 19.0 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.

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