

Mindsight in Childhood & Adolescence

Strategies to Help Kids Thrive

Are you struggling to effectively treat children and adolescents who may be experiencing behavior disorders, trauma, anxiety, and mood disorders?

Daniel J. Siegel, M.D., *New York Times* bestselling author and world-renowned neuropsychiatrist, has developed the Mindsight approach, which provides a unique understanding of relationships, brain, and the developing mind. Built on decades of synthesis of a range of fields of research to help create the field of Interpersonal Neurobiology, his **approach expertly illuminates the science of how the young mind is formed, and provides relational strategies** that support brain integration to support healthy development and achieve optimal regulation and lasting change in the child's or adolescent's life.

Childhood and adolescence are important and distinct periods of brain development. When we understand the similarities and differences across these periods, we can better support the development of children and adolescents. You will **take home practical skills for teaching youth how use to the mind to create integration within the body and brain,** and within our relationships with people and nature. Equipped with this knowledge and these skills, clinicians, educators, and parents are in a strong position to **use science-inspired strategies to support the growth of well-being lives of children and adolescents to help them thrive!**

If you work with children & adolescents, this is a course you do not want to miss!



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. *Advanced online registration required.*

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Psychiatrists
School Psychologists • School Counselors • Case Managers • Occupational Therapists and
Occupational Therapy Assistants • Speech-Language Pathologists • Educators
Other Helping Professionals Who Work with Children & Adolescents



Daniel J. Siegel, M.D.

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on the development of mindsight, which teaches insight, empathy, and integration in individuals, families and communities.

Dr. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA. He served as a National Institute of Mental Health Research Fellow at UCLA. Dr. Siegel serves as the founding editor for the Norton Professional Series on Interpersonal Neurobiology which contains over seventy textbooks. He has also authored several books, five of which are *New York Times* bestsellers: *Aware: The Science and Practice of Presence*, *Mind: A Journey to the Heart of Being Human*, *Brainstorm: The Power and Purpose of the Teenage Brain*, and two with Tina Payne Bryson, Ph.D: *The Whole-Brain Child* and *No-Drama Discipline*.

Dr. Siegel's ability to make complicated concepts exciting as well as easy to understand has led him to be invited to address local, national and international organizations where he speaks to groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy and neuroscientists. He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For more information about his educational programs and resources, please visit: www.DrDanSiegel.com

Course Content Disclosure:
Course content will focus exclusively on the Mindsight Approach.

Speaker Disclosure:
Financial: Dr. Daniel J. Siegel is the executive director of the Mindsight Institute. He is an author for W.W. Norton publishing and receives royalties. He is an author for Bantam publishing and receives royalties. He is an author for Guilford Press and receives royalties. He is an author for Tarcher/Penguin and receives royalties. He is an author for Random House and receives royalties. He receives a speaking honorarium from PESI, Inc.
Non-financial: Dr. Daniel J Siegel is a clinical professor at UCLA School of Medicine. He does not receive compensation.

Objectives

1. Define mindsight and the framework of integration, and how it can help lead clients to health and wholeness.
2. Identify three ways in which Mindsight can be taught during childhood and how to incorporate it into your clinical work.
3. Describe the fundamental aspects of the essence of adolescence as is relates to clinical treatment and four steps to teaching Mindsight to adolescent clients.
4. Explore how brain development affects child and teenage behavior and relationships and its clinical implications.
5. Outline the ways in which the Wheel of Awareness can integrate consciousness and be used in childhood and adolescence.
6. Explore five steps to strengthen the monitoring and modifying regulatory functions of the mind for better treatment outcomes.
7. Apply Dr. Siegel's Interpersonal Neurobiology based strategies, including the Mindsight approach, to help children and adolescents thrive.

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 **WEDNESDAY
May 22, 2019**

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Mindsight in Childhood & Adolescence

Strategies to Help Kids Thrive



FEATURING:
Daniel J. Siegel, M.D.
New York Times bestselling author and world-renowned neuropsychiatrist

Bloomington, MN
Wednesday, May 22, 2019

Live Video Webcast
Wednesday, May 22, 2019



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Dont miss this rare opportunity to spend a day with Dr. Dan Siegel!

Mindsight in Childhood & Adolescence

Strategies to Help Kids Thrive



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Outline

Mind, the Embodied Brain and Relationships: An Understanding for Clinical Application

The influences the mind, brain and relationships have on one another
Overlaps and distinctions among these three aspects of human life
Impact on the development of well-being and resilience
Use the Mindsight lens for clinical assessment and intervention

The Developing Mind in Childhood and Adolescence: Strategies to Nurture and Heal the Developing Mind

Neuroplasticity: The ways the brain changes in response to experience
The power of neuroplasticity to transform lives
The 9 Domains of Integration
Strategic neuroplastic interventions
Key elements that promote neuroplasticity
The fundamental principles of Interpersonal Neurobiology (IPNB)
Integrating IPNB into your current treatment techniques
Harness the role of relationships in shaping the developing brain
Clinical research implications and treatment limitations

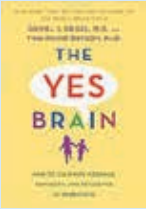
Attachment, Resilience, and Childhood Development: Clinical Assessment and Treatment for Children

The science underlying the categories of attachment
How attachment experiences shape development
Understand attachment for better clinical assessment and treatment planning
Examine the role of relationships in cultivating a strong mind
Techniques for neural integration and self-regulation
Strategies for children in a clinical setting, at school and at home

Working with the Remodeling of the Adolescent Brain: Brain Remodeling During a Time of Change

The essence of adolescent development
Benefits and challenges of this important period of life
Risk-taking, pushing-away, and sexual behavior of adolescence
The myths vs. modern scientific views of adolescence
Practical steps to building a more integrated adolescent brain
Clinical strategies for staying present through the changes and challenges
Mindsight skill practices to use with teens

Save by including these products by Dr. Dan Siegel with your registration!!



The Yes Brain

How to Cultivate Courage, Curiosity, and Resilience in Your Child

By Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

When facing challenges, unpleasant tasks, and contentious issues such as homework, screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. Parents can foster their children's ability to say yes to the world and welcome all that life has to offer, even during difficult times. This is what it means to cultivate a Yes Brain.



The Whole-Brain Child Workbook:

Practical Exercises, Worksheets and Activities to Nurture Developing Minds

By Daniel Siegel, M.D. & Tina Payne Bryson, Ph.D.

The Whole Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts. Including dozens of clear, practical and age specific exercises and activities to assist in brain development. Applications for clinicians, parents, educators, grandparents and care givers to raise calmer, happy children.



The Whole-Brain Child

12 Revolutionary Strategies to Nurture Your Child's Developing Mind

By Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

In this pioneering, practical book, Daniel J. Siegel and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

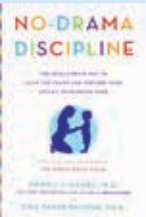


No-Drama Discipline Workbook:

Exercises, Activities, and Practical Strategies to Calm The Chaos and Nurture Developing Minds

By Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

Based on their New York Times bestselling book No-Drama Discipline, internationally acclaimed neuropsychiatrist Daniel J. Siegel, MD, and brain-based parenting expert Tina Payne Bryson, PhD, have created a guide to manage and reduce drama in your interactions with your kids, and even decrease the amount of time you spend having to discipline.

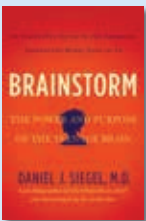


No-Drama Discipline

The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind

By Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears-without causing a scene. Complete with candid parenting stories and playful illustrations that bring the authors' suggestions to life, No-Drama Discipline shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.



Brainstorm

The Power and Purpose of the Teenage Brain

By Daniel J. Siegel, M.D.

Between the ages of 12 and 24, the brain changes in important, and oftentimes maddening, ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.



Aware

The Science and Practice of Presence — A Complete Guide to the Groundbreaking Wheel of Awareness Meditation Practice

By Daniel J. Siegel, M.D.

In this pioneering, practical book, Daniel J. Siegel and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

Live Seminar Continuing Education Credit Information for Seminar

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" on this brochure 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 ce@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 profession's standards.

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

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.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

NORTH DAKOTA COUNSELORS: This intermediate activity consists of 6.25 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.

SOUTH DAKOTA COUNSELORS: This intermediate activity consists of 6.25 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.

WISCONSIN COUNSELORS: This intermediate activity consists of 6.25 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.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

WISCONSIN EDUCATORS: This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/ VOCATIONAL ADMINISTRATORS AND SUPERVISORS: A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of School Administrators.

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.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

NORTH DAKOTA MARRIAGE AND FAMILY THERAPISTS: Please contact our customer service department for the most current information.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

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.

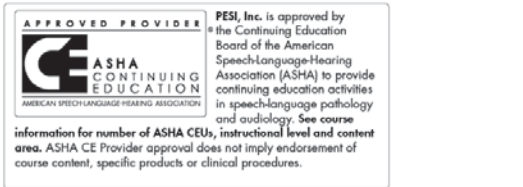
PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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.

MINNESOTA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

NORTH DAKOTA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

SOUTH DAKOTA PSYCHOLOGISTS: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area)

** Please note that Speech-Language Pathologists & Audiologists must complete the post-test and evaluation within two weeks of attending the live webcast if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

SOCIAL WORKERS: PESI, Inc. #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

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 customer service at 800-844-8260



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- 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.

How to Register

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Please have credit card available

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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 (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**
- **\$30 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.
- **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.



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Mindsight in Childhood and Adolescence: Strategies to Help Kids Thrive

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- ☐ **\$19.99** *No-Drama Discipline Workbook*
- ☐ **\$14.99** *No-Drama Discipline*
- ☐ **\$14.99** *Brainstorm*
- ☐ **\$24.99** *Aware*

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

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— **The Yes Brain**[®] \$23.99 (SAM085220)

— **The Whole-Brain Child Workbook**[®] \$24.99 \$19.99 (PUB083550)

— **The Whole-Brain Child**[®] \$14.99 (SAM045290)

— **No-Drama Discipline Workbook**[®] \$19.99 (PUB084275)

— **No-Drama Discipline**[®] \$14.99 (SAM084670)

— **Brainstorm**[®] \$14.99 (SAM084020)

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