

3-Day Comprehensive Training Advanced Mindfulness Practitioner Certificate Course

You know how important it is for clients to have confidence in their clinician -- to know the comfort of working with someone who's invested extra time and effort to build the necessary skills to provide treatment at the highest level.

But standing out from the crowd can be tough. When clients have so many options, how do you differentiate yourself from your colleagues?

This intense 3-day training is your chance to distinguish yourself with the Advanced Mindfulness Practitioner Certificate!

Attend this program and dramatically improve your mindfulness skills for enhanced treatment of anxiety, trauma, shame, depression, addiction, chronic pain and more!

Get answers to your questions on organizing and leading a mindfulness practice with clients, learn to effectively use numerous core and advanced mindfulness skills and exercises, and get detailed instruction on incorporating them into treatment with plans for pairing them with the specific mental health disorders you see in your office each day.

Sign up today for this 3-day course, get your **Advanced Mindfulness Practitioner Certificate**, and leave confident in your ability to improve outcomes for you clients through the safe and effective use of mindfulness!

"An exceptional conference with a knowledgeable, gifted presenter!"
—LCSW—

"Great presentation, plenty of opportunities for practice and interactive work."
— social worker —

"Awesome course!!! Would recommend to anyone..."
— LPC —

Learning Objectives

1. Articulate how empirical support for the effectiveness of mindfulness can be used to enhance clients' engagement in therapy.
2. Establish a consistent daily formal mindfulness practice with clients to help them improve well-being.
3. Characterize how mindfulness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
4. Articulate how mindfulness training can enhance the cultivation of the therapeutic relationship.
5. Treat insomnia with diaphragmatic breathing techniques that can improve sleep outcomes.
6. Communicate how mindfulness can be used in treatment plans for anxiety to calm the arousal state.
7. Specify how clinicians can enhance chronic pain treatment with mindfulness exercises to help clients accept and reduce pain.
8. Teach clients how mindfulness can help them to better monitor their eating responses to challenging mental or emotional states.
9. Explore how mindfulness can be taught in the clinical setting to help depressed clients manage negative self-talk and motivation for well-being.
10. Analyze the differences between individual and group mindfulness practices.
11. Communicate how clinicians can create effective therapeutic environments for the unique needs of clients.
12. Formulate treatment plans for trauma that utilize clinical tools based in mindfulness and grounding to calm the biological stress response.
13. Diversify available clinical techniques, and individualize treatment, by integrating mindfulness as an adjunctive therapy.
14. Explore how mindfulness approaches can be used to stretch attention span and reduce impulsiveness in clients with ADHD.
15. Assess for situations that may contraindicate the use of mindfulness with clients.
16. Characterize how mindfulness can enhance addiction treatment and help clients identify triggers that could lead to relapse.
17. Establish how mindful sense awareness skills can be taught to clients to help them break bad eating habits.
18. Determine how mindfulness exercises can be used to help clients with anger issues choose to respond rather than react to anger inducing situations.

Conference Target Audience:

Counselors	Case Managers	Other Mental Health Professionals
Social Workers	Nurses	School Counselors and Other School-based Professionals
Psychologist	Occupational Therapists	
Marriage and Family Therapists	Occupational Therapist Assistants	
Addiction Counselors		

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3-Day Comprehensive Training

Advanced Mindfulness Practitioner CERTIFICATE COURSE

SAN DIEGO, CA
Wednesday – Friday
May 29 - 31, 2019

LIVE VIDEO WEBCAST
Wednesday – Friday
May 29 - 31, 2019

EARN YOUR
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TODAY!



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— 3-Day — Comprehensive Training Advanced Mindfulness Practitioner CERTIFICATE COURSE

- Become an “Advanced Mindfulness Practitioner” and take your practice to the next level
- Improve your skills while setting yourself apart from colleagues
- Enhance treatment for anxiety, trauma, shame, chronic pain and more!
- Expertly pair mindfulness techniques to specific disorders

SAN DIEGO, CA
Wednesday – Friday
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***SAVE by including these products with your seminar registration!**

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.

Meditation Interventions to Rewire the Brain
Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD
By Jeff Tarrant, PhD, BCN
Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.

Mindful Living Card Deck:
56 Practices to Feel Calm, Balanced, Happy & Present
By Elisha Goldstein, Ph.D.
At home and at work, science has shown that developing certain simple strengths can significantly improve your mood, relationships, resiliency and quality of life. Why not give it a try? Here are 56 cards that offer simple and easy-to-do daily practices. Integrate them into your life and you can have powerful results and uncover sustainable happiness. Plus-six bonus mindful living meditations to help you relax, focus, grow joy and boost your brain power!

Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises to Treat Trauma & Stress
By Manuela Mischke-Reeds, MA, MFT
From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

More info and resources at www.pesi.com/bookstore

Outline

Strengthen Your Mindfulness Practice

Routine, meaning, and connection to support consistent practice

Mindfulness and nature practices

The four foundations in mindfulness

Transform barriers within your practice

Practices:

- Breath
- Pleasure/pain
- Open/choice-less
- Body
- Thoughts and emotions
- Loving kindness
- Compassion

Mindfulness Techniques to Build Trust and Connection with Your Clients

Affect regulation techniques for therapist and client

Techniques to create empathetic connection

Eliminate compassion fatigue with compassionate presence

Exercises to build clients trust in themselves

Enhance Motivation with Creative Mindfulness Strategies

Visuals, metaphors, and poetry to explain mindfulness

Motivate clients with neuroplasticity

Strategies to shift the “Automatic Pilot”

Exercises to teach reacting vs responding

Start and Sustain Change: How to Lead Formal and Informal Mindfulness Practices

Embodiment of mindfulness

Options for posture, range of experience and types of practice

How to adapt practices to the unique needs of clients

Leading inquiry strategies for deepened experience of mindfulness

Mindful daily moments, brief practices and other informal practices

“Dr. Calvert was a terrific presenter...I learned a tremendous amount!”
– psychologist –

“Rochelle is an outstanding presenter...breaks through barriers.”
– LPC –

Mindfulness Techniques and Experiential Exercises for Enhanced Treatment of:

Anxiety & Stress

Exercises to increase awareness of stress response

Techniques to relax the arousal state

Reduce anxious thoughts with:

- 3-minute breathing practice
- Mindful walking practice

Trauma

Grounding and orienting techniques for felt safety

Somatic exercises for emotional regulation

Strategies to support overwhelm with breath and body practices

Shame and Guilt

Body awareness practices to soften shame and guilt

Care for shame with self-compassion

Mindful antidotes to self-judgement

Letting go exercises to shift attention and attitude

Anger

Mindfully be with the body in anger

Formal and informal practices to work with anger

Respond vs. react exercises

Insomnia

Diaphragmatic breathing to improve sleep

Interventions for challenging thoughts linked to insomnia

Mindful practice with technology

Depression

Manage negative self-talk with awareness of thoughts

Cope with limited energy through energy awareness practices

Nature meditations that boost well-being

Pain

Psychological well-being and chronic pain

Breath awareness practices to decrease acute pain and manage chronic pain

Loving kindness/compassion meditations for pain reduction

Eating Disorders

Mindful eating fundamentals

Sense awareness skills to shift bad eating habits

Mindful skills for responding to cravings

Awareness practices for satiety and hunger

Addiction

Mindful awareness of triggers for relapse prevention

Urge surfing: mindfulness interventions to cope with urges

Taking in the good – noticing the good events in life

ADHD

Stretch attention span with focus building practices

Mindful movement for controlled attention

STOP practices for reduced impulsiveness

Meet Your Speaker

Rochelle Calvert, Ph.D., B.C.B.A.-D, is a clinical psychologist and board certified behavior analyst in private practice in San Diego. Dr. Calvert has studied mindfulness for the past 15 years and offers mindfulness-based therapy to individuals struggling with life transitions, eating disorders, depression, anxiety, PTSD, pain conditions, as well as families of developmentally delayed children/adults. She facilitates professional trainings in mindfulness for clinicians and laypersons and has led classes, workshops, and retreats on Mindfulness-Based Stress Reduction (MBSR), Six-Week Introductory Training in Mindfulness (SIT), Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Eating, Mindful Parenting and the Mindful Workplace. She is a certified mindfulness teacher and received certification through The Mindfulness Training Institute under teachers Mark Coleman and Martin Aylward. Dr. Calvert was the professional training director for the University of California San Diego’s Center for Mindfulness and earned her Ph.D. in clinical psychology from Alliant International University in San Diego.

Speaker Disclosure:
Financial: Rochelle Calvert is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Rochelle Calvert is a member of the American Psychological Association; and the Association for Behavior Analysis.

Questions? Call customer service at 800-844-8260

Group and Individual Session Plans

To improve client outcomes

Mindfulness-based group programs and emotional resonance

Identify opportunities in one to one clinical sessions

Determine which format is best for your client

Situations that may contraindicate applying mindfulness

Assessment, Growth and Support

Assess how practices are working for the client

Grow the path of practice for clients

Cultivate joy in mindfulness practice

Live Seminar & Webcast Schedule (All Three Days) (Times listed in Pacific)

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.

Live Seminar Continuing Education 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" 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 cpe@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.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 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 19.0 CEH's (continuing education hours).

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NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This 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 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 19.0 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 19.0 contact hours or 1.9 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/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 19.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 19.0 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 19.0 (Clinical Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 19.0 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 1140 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.

Live Webcast Details and Live Webcast Continuing Education Credit Information
Join us on May 29-31, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$99.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/70375.



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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 (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advanced online registration required.
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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