

4  
DAY

# POSITIVE NEUROPLASTICITY CERTIFICATE COURSE



With **Rick Hanson, Ph.D.**  
Internationally Recognized Expert on Positive  
Neuroplasticity, Senior Fellow at UC Berkeley's  
Greater Good Science Center, and *NY Times*  
bestselling author of *Hardwiring Happiness*  
and *Buddha's Brain*

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**Columbia, MD  
& Live Video Webcast**  
Monday-Thursday, October 21-24, 2019



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With **Rick Hanson, Ph.D.**  
Internationally Recognized Expert on Positive  
Neuroplasticity, Senior Fellow at UC Berkeley's  
Greater Good Science Center, and *NY Times*  
bestselling author of *Hardwiring Happiness*  
and *Buddha's Brain*

A step-by-step guide to help clients  
overcome the brain's negativity bias,  
release painful thoughts and feelings,  
and replace them with self-compassion,  
self-worth, joy, and inner peace.

# 4 DAY POSITIVE NEUROPLASTICITY CERTIFICATE COURSE

4  
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# POSITIVE NEUROPLASTICITY CERTIFICATE COURSE

**Rick Hanson, Ph.D. is a *NY Times* bestselling author and an internationally recognized leading expert on positive neuroplasticity.**

Dr. Hanson draws on a 40-year background in clinical psychology, human potential, and neuroscience to help thousands of people rewire their brains, overcome their mental health challenges, and become the fullest versions of themselves.

His work has been praised by Stephen Porges, Tara Brach, Peter Levine, Kristine Neff, and Dan Siegel; featured in national media, and embraced by millions of readers as a voice they can trust.

**This 4-Day Certificate Course is a unique opportunity for you to train with Dr. Hanson himself** and discover how your clients can enjoy more successful therapeutic outcomes from the science-backed strategies of Positive Neuroplasticity!

Join Dr. Hanson as he shares an invaluable toolbox full of accessible practices along with a reliable blueprint for how you can more skillfully assess and treat clients and catalyze lasting change.

Attend this hands-on 4-day course and learn how to:

- Treat anxiety, depression, trauma, and shame with positive neuroplasticity techniques
- Foster rapid and far-reaching healing and growth with evidence-based strategies
- More skillfully assess which psychological resources your clients need most for better treatment outcomes
- Turn clients' experiences into lasting inner strengths for improved clinical results
- Skills and tools to make lasting changes inside the brain
- Rapidly overcome therapeutic obstacles by using positive psychological material to soothe and replace negative material.
- More effectively work with couples, children, and other special populations

**Don't miss this rare opportunity to train with a leading expert on positive neuroplasticity and feel the satisfaction of bringing new and effective paths to healing to your clients.**

**Reserve your seat today!**

For learning objectives and detailed outline visit: [www.pesi.com/rickhanson](http://www.pesi.com/rickhanson)

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on October 21-24, 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 \$199.99 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/70697](http://www.pesi.com/webcast/70697)

★★★★★

*"A brilliant and masterful guide in cultivating the traits that underlie a happy, fulfilled life."*

-Tara Brach, Ph.D., Author of *Radical Acceptance* and *True Refuge*

★★★★★

*"An invaluable toolbox full of wise and accessible practices that heal our brains and hearts. Most importantly, Dr. Hanson teaches how these practices can become life-long resources that we can draw on during difficult times."*

-Susan Pollak, Ph.D., co-founder  
Center for Mindfulness and Compassion,  
Harvard Medical School

★★★★★

*"Brilliant at making complex scientific information simple."*

-Harville Hendrix, Ph.D.,  
Co-author with Helen LaKelly Hunt  
of *Making Marriage Simple*

★★★★★

*"Offers simple, accessible, practical steps for touching the peace and joy that are every person's birthright."*

-Thich Nhat Hanh, Author of *Being Peace* and *Understanding Our Mind*

## Live Seminar & Webcast Schedule

(Times listed in Eastern Standard Time)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch Break *(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.

Limited availability! Register today at [www.pesi.com/rickhanson](http://www.pesi.com/rickhanson)





## RICK HANSON, PH.D.

Rick Hanson, Ph.D., is a psychologist, a Senior Fellow of the Greater Good Science Center at UC Berkeley, and a *New York Times* best-selling author. His books are available in 28 languages and include *Buddha's Brain* (New Harbinger, 2009), *Just One Thing* (New Harbinger, 2011), *Hardwiring Happiness* (Harmony, 2016), *Resilient* (Harmony, 2018), *Just One Thing Card Deck* (PESI, 2018), and *Mother Nurture* (Penguin, 2002).

He edits the *Wise Brain Bulletin* and has numerous online programs. A *summa cum laude* graduate of UCLA and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he's been an invited speaker at NASA and Google, and Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide.

Dr. Hanson has been a trustee of Saybrook University, served on the board of Spirit Rock Meditation Center, and was president of the Board of FamilyWorks, a community agency. He began meditating in 1974, trained in several traditions, and leads a weekly meditation gathering in San Rafael, California. His work has been featured on the BBC, CBS, and NPR, and over 140,000 people receive his free Just One Thing weekly newsletter.

He enjoys rock-climbing and taking a break from emails. He and his wife have two adult children.

Speaker Disclosures:

Financial: Rick Hanson is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Rick Hanson has no relevant non-financial relationship to disclose.

## COURSE OVERVIEW

**The Power of Positive Neuroplasticity:**  
*Why Most Therapeutic Experiences Don't Have Lasting Value (and What Positive Neuroplasticity Can Do About It)*

**The Brain's Negativity Bias & How to Help Clients Change That:**  
*Positive Neuroplasticity Strategies for Healing and Growth*

**How to Maximize the Neural Impact of Every Therapy Session:**  
*To Increase Client Results and Motivation*

**The Power of Inner Resources:**  
*How to Grow Grit, Gratitude, and Confidence*

**Antidote Experiences:**  
*How to Soothe and Replace Old Pain*

**For a more detailed outline and course learning objectives, visit**  
**[www.pesi.com/rickhanson](http://www.pesi.com/rickhanson)**

**Positive Neuroplasticity Techniques:**  
*Strategies for Fear, Shame, Anxiety, and Depression*

**Release Traumatic Material and Engage the Mind:**  
*3 Steps to Form Natural Healing Sequences for Clients*

**Turn Experiences into Lasting Change in Therapy:**  
*Help Grow Strengths for Safety, Satisfaction, and Connection*

**Adapt these Methods for Other Populations:**  
*Couples, Children, and Diverse Populations*

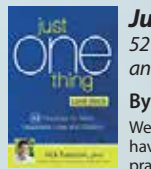
**Save by including these products by Rick Hanson with seminar registration!**



**Resilient**  
*How to Grow an Unshakable Core of Calm, Strength, and Happiness*

**By Rick Hanson, Ph.D. with Forrest Hanson**

Rick Hanson is known for his trademark blend of neuroscience, positive psychology, and contemplative practices. And now he's showing the way to build the very foundation of well-being: Resilience. Today, people feel rattled by political and economic forces, and realize that they need to be able to rely on their own inner guidance systems in order to stay happy and calm. Not simply about weathering negative experiences, *Resilient's* groundbreaking program shows you how to harness the power of positive experiences in order to build an unshakeable core.



**Just One Thing Card Deck**  
*52 Practices for More Happiness, Love and Wisdom*

**By Rick Hanson, Ph.D.**

We are so busy these days that it's great to have just one thing to focus on: a simple practice to reflect on and be inspired by that will gradually strengthen your neural pathways of happiness, love, and wisdom. These practices are grounded in brain science, positive psychology, and contemplative training. They're simple and easy to do - and they produce powerful results: bringing you more joy, more fulfilling relationships, and more peace of mind and heart.



**Just One Thing**  
*Developing a Buddha Brain One Simple Practice at a Time*

**By Rick Hanson, Ph.D.**

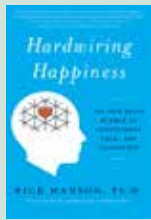
You've heard the expression, "It's the little things that count." Research has shown that little daily practices can change the way your brain works, too. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. *Just One Thing* is a treasure chest of over fifty practices created specifically to deepen your sense of well-being and unconditional happiness.



**Buddha's Brain**  
*The Practical Neuroscience of Happiness, Love, and Wisdom*

**By Rick Hanson, Ph.D. with Richard Mendius, M.D.**

*Buddha's Brain* joins the forces of modern neuroscience with ancient contemplative teachings to show readers how they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life-virtue, mindfulness, and wisdom-are based in the core functions of the brain: regulating, learning, and valuing. Readers will also learn practical ways to apply this information, as the book offers many exercises they can do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.



**Hardwiring Happiness**  
*The New Brain Science of Contentment, Calm, and Confidence*

**By Rick Hanson, Ph.D.**

*Hardwiring Happiness* lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. You'll learn to see through the lies your brain tells you. Dr. Hanson's four steps build strengths into your brain to make contentment and a powerful sense of resilience the new normal. In just minutes a day, you can transform your brain into a refuge and power center of calm and happiness.

## 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" 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 [cepesi@pesi.com](mailto: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 profession's 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 25.0 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.

**COUNSELORS:** This intermediate activity consists of 25.25 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.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 25.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1520 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, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 25.3 contact hours. Partial contact hours will be awarded for partial attendance.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 25.0 contact hours or 2.5 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 activity consists of 25.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 25.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**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 25.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 25.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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 1520 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.



### HASSLE-FREE CANCELLATION POLICY

If you contact us before the event date, you can exchange for a DVD/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 \$120 cancel fee. Substitutions are permitted at any time.

### 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 Anna Rustick at [arustick@pesi.com](mailto:arustick@pesi.com) or call 715-855-8195.

### SEMINAR ON DVD OR CD PACKAGE:

You can purchase a self-study package on the subject. You will receive a set of 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](http://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.

### 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

*(Advance registration required. Cannot be combined with other discounts.)*

- **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. *Limited seats available; advance online registration required.*
- **\$120 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) or call 800-844-8260 for details.



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. *Limited seats available; advance online registration required.*

## How to Register

**ONLINE** [pesi.com/rickhanson](http://pesi.com/rickhanson)

**PHONE** 800-844-8260  
Please have credit card available

**FAX** 800-554-9775

**MAIL** PESI, Inc.  
PO BOX 1000  
Eau Claire, WI  
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**CAN'T ATTEND THE SEMINAR?**  
See below for individual product orders

**Positive Neuroplasticity Certification Course**

—	<b>Seminar on DVD*</b> (Video) \$699.99 (RNV054865)
—	<b>Resilient*</b> \$26.00 (SAM085355)
—	<b>Just One Thing Card Deck*</b> \$19.99 (PUB085345)
—	<b>Just One Thing</b> book* \$15.95 (SAM044015)
—	<b>Buddha's Brain</b> book* \$17.95 (SAM042315)
—	<b>Hardwiring Happiness</b> book* \$16.00 (SAM086160)

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CE hours and approvals on products may differ from live CE approvals.  
\*Shipping is \$6.95 first item + \$2.00 each add'l item.  
\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

## Registration Form: 4-Day: Positive Neuroplasticity Certificate Course

**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.

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**\$699.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—  
☐ single registration postmarked 3 weeks prior to seminar date  
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- ☐ **Resilient\*** \$26.00 (SAM085355)  
☐ **Just One Thing Card Deck\*** \$19.99 (PUB085345)  
☐ **Just One Thing** book\* \$15.95 (SAM044015)  
☐ **Buddha's Brain** book\* \$17.95 (SAM042315)  
☐ **Hardwiring Happiness** book\* \$16.00 (SAM086160)

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

### WEBCAST with downloadable seminar manual

☐ **\$699.99** registration (+ tax in HI, NM)

**4 Indicate method of payment:**

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

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

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

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



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