

## Outline

### Mindfulness – the Neurobiology of Brain Changes

Neuroplasticity and the brain  
Evidence for Mindfulness as a treatment  
Brain changes for specific disorders

### 4 Steps to Integrate Mindfulness into Clinical Practice

How to teach Mindfulness in session  
Techniques to increase client use of Mindfulness at home  
Strategies for processing what happens with your client  
Strategies to identify and overcome obstacles & resistance

### Mindfulness Strategies for Specific Disorders

Mindfulness of breath  
Present moment awareness  
Core practice  
Mindfulness of thoughts  
Mindfulness of tasks  
Mindfulness of intention  
Mindfulness of intuition  
Plus many more

### Anxiety & Depression

Calm the arousal state and relax mind and body  
Reduce anxious thoughts  
Focus on the present  
Decrease negative thoughts  
Shift and improve mood state & increase pleasure

### PTSD

Calm the arousal state  
Improve ability to stay grounded in the present  
Reduce traumatic thoughts

### Panic & OCD

Reduce frequency and intensity of panic attacks  
Increase awareness of obsessive thoughts and compulsive behaviors  
Decrease obsessive thinking and compulsions

### Bipolar Disorder

Increase awareness of mood state  
Stabilize mood over time

### ADHD

Improve concentration  
Increase task completion  
Reduce hyperactivity

### Pain & Sleep

Accept and embrace the pain  
Calm busy thoughts  
Relax the mind and body  
Fall asleep and stay asleep



### Questions?

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

### Target Audience:

Counselors • Social Workers • Psychologists  
Case Managers • Addiction Counselors  
Occupational Therapists • Marriage & Family Therapists  
Psychotherapists • Nurses • Other Mental Health Professionals

## 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.

# FREE

## Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

[pesi.com/CBTWorksheet](http://pesi.com/CBTWorksheet)

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# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

**PORTLAND, ME**  
Wednesday, July 31, 2019

**MANCHESTER, NH**  
Thursday, August 1, 2019

**BURLINGTON, VT**  
Friday, August 2, 2019

Register now! [pesi.com/express/71432](http://pesi.com/express/71432)

# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

Featuring:  
**Rochelle Calvert, Ph.D., B.C.B.A.-D**

- Become more effective in treating anxiety, depression, ADHD, OCD, sleep and pain by incorporating mindfulness skills with evidence-based treatments
- First session strategies for anxiety - calm your clients with mindfulness interventions you can teach on their very first day of treatment!
- Implement a 4-step process to integrate mindfulness into your practice

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Enhance your treatment plans for anxiety, depression, ADHD, OCD, bipolar disorder, sleep, pain, and stress with brain-changing mindfulness skills tailored to the problems your clients face each day.

**Attend this workshop and get detailed guidance on the hows, whys, and whens of incorporating core and advanced mindfulness skills into your clinical practice.** Build your client education skills and improve therapeutic engagement with clear explanations regarding the neurobiology behind mindfulness. Interactive demonstrations and step-by-step instruction on specific interventions and exercises will give you the tools you need to treat a variety of disorders and populations. And the opportunity to practice under the direction of our instructor will boost your confidence in using your new skills. Better still, you'll walk away with a four-step process that ties it all together, making what you've learned immediately relevant to your own work with clients.

## Objectives

1. Motivate clients to engage in treatment with understandable psychoeducational explanations regarding the research and practices associated with mindfulness.
2. Formulate treatment plans for anxiety that include mindfulness techniques that can be used to regulate the client's arousal state.
3. Integrate mindfulness interventions into therapy that can help depressed clients manage negative thoughts and reduce the risk of relapse.
4. Articulate how mindfulness training can be used as an adjunctive therapy with evidence-based treatment to enhance attention in clients with attention deficit hyperactivity disorder (ADHD).
5. Communicate how mindfulness-based approaches can help clients observe internal reactions and establish how this information can be used in the treatment of posttraumatic stress symptoms.
6. Instruct clients with obsessive-compulsive disorder (OCD) on the utilization of mindfulness skills that can facilitate disengagement from repetitive thoughts.

## Speaker

**Rochelle Calvert (Voth), Ph.D., CMT, SEP, BCBA,** is the founder of New Mindful Life. She has studied mindfulness for the past 16 years and has taught classes, courses, workshops, and retreats. Rochelle leads classes/courses/seminars in Six-week Introductory Training in Mindfulness, (S.I.T.), Awake in the Wild- Nature-Based Mindfulness retreats, Mindfulness-Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Eating, Mindful Parenting and Mindful Workplace. She also facilitates professional trainings in mindfulness for clinicians and travels the country teaching seminars for PESI. She also works as clinical psychologist in private practice in San Diego.

Rochelle offers mindfulness, nature-based therapy and somatic experiencing as a psychologist with New Mindful Life. Her therapeutic approach includes teaching people individual mindfulness meditations- both indoors and outdoors- specific to their unique concerns to support healing. She also integrates somatic experiencing healing (body based healing through nervous system reorganization) with the mindfulness and nature based meditation practices. Rochelle has therapeutic specialty areas of training to support integration of these services to individuals struggling with life transitions, depression, anxiety, PTSD, pain conditions, eating disorders, as well as families of developmentally delayed children/adults

Speaker Disclosure:

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

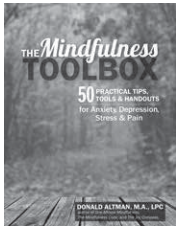
Non-financial: Rochelle Calvert is a member of the American Psychological Association; and the Association for Behavior Analysis.

**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 Josh Lindblad at [jlindblad@pesi.com](mailto:jlindblad@pesi.com) or call 715-855-5234.

# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

SAVE BY INCLUDING THESE PRODUCTS WITH 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.



### The Self-Compassion Deck

50 Mindfulness-Based Practices

By Tim Desmond, LMFT, Mitch R. Abbett, Ph.D., & Christopher Willard, Psy.D.

Cultivate kindness & compassion for yourself and others! *The Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindness and gain a deeper appreciation for yourself and your life.

### Seminar on CD or DVD 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](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.



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 registration by phone required.*

## 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" 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.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the 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.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been submitted to OASAS for review.

**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.

**MAINE 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.

**NEW HAMPSHIRE 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.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered 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 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 activity consists of 6.0 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. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**MAINE PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71432](http://www.pesi.com/events/detail/71432).

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

**VERMONT PSYCHOLOGICAL EXAMINERS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71432](http://www.pesi.com/events/detail/71432).

**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.

**NEW HAMPSHIRE SOCIAL WORKERS:** This intermediate activity consists of 6.0 Category A credits. 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.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**VERMONT SOCIAL WORKERS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71432](http://www.pesi.com/events/detail/71432).

**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](mailto:info@pesi.com).

## How to Register:

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Please have credit card available

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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 registration by phone required.*

• **\$30 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.

*Advance registration required.*

*Cannot be combined with other discounts.*

100 BRAIN-CHANGING MINDFULNESS TECHNIQUES TO INTEGRATE INTO YOUR CLINICAL PRACTICE

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☐ **\$29.99\*** *The Mindfulness Toolbox* book

☐ **\$16.99\*** *The Self-Compassion Deck*

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

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\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA047070)

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