

Mindfulness Certificate Course

2-Day Intensive Training

Join in for this in-depth Mindfulness Certificate Course to develop a comprehensive, step-by-step approach to help your clients incorporate brain-changing mindfulness practices into their daily routine.

Learn to utilize concrete strategies that will help you provide greater healing for your clients who suffer from:

- Trauma
- Anxiety disorders
- Depression
- Relationship challenges
- Toxic habits or beliefs

You will learn effective clinical techniques from Terry Fralich, LCPC, who has utilized mindfulness in his clinical practice for over two decades and trained mental health professionals on mindfulness both nationally and internationally. From his experience with the Dalai Lama and Jon Kabat-Zinn he will teach you how to master the art of applying mindfulness insights, skills and techniques to a variety of clinical populations. Join him for this transformational experience as he reveals the latest advances in mindfulness and neuroscience to get you the skills you need to succeed!

Full of structured and experiential exercises, interactive discussions, and case studies, you will take away practical mindfulness strategies you can immediately integrate into your practice. And the included reproducible handouts are instantly usable upon your return to the office.

Leave this certificate course armed with tools you can use in your very next session.

Don't miss out – this course will fill up fast!

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

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

"This was by far one of the best trainings I have been to.... kept you on the edge of your seat wanting more!"
-- Clinical social worker

Outline

MASTER THE CORE SKILLS OF MINDFULNESS

Treatment Concepts

Introduction of mindfulness to clients
Mindfulness as self-directed neuroplasticity
Mindfulness as a skill-based path
Reconsolidation of neural networks through mindfulness practice

Experiential exercise: self-regulation techniques

Strengthening Therapeutic Presence

Benefits of therapeutic presence: presence, attunement, resonance, trust
Stabilize the mind: the foundation of focus
Self-regulation: the foundation of settledness
Spaciousness: the foundation of openness

Five Core Skills of Mindfulness

Clarify, set and re-affirm intention
Cultivate witnessing awareness: metacognition
Stabilize attention
Strengthen self-regulation
Practice loving-kindness for self and others
Experiential exercise: stability of attention and awareness

Neuroscience and Mindfulness

Effective drivers of neuroplasticity
Interpersonal neurobiology: importance of early experiences
Formation of mental models: core negative beliefs
Neuroception and the operation of the brain's survival mechanisms
Explicit and implicit memories
Adaptive safety strategies: negative side effects
Experiential exercise: cultivate an inner refuge

Mindfulness Practices

Themes in beginning mindfulness practice
Am I focused or distracted?
Am I settled/grounded or tight/churning?
Mindful transitions: a practice for new clients
Stop-breathe-reflect-choose practice
Development of client self-talk, scripts and mantras
Positive visualization practice
Cultivate a new vision of self: transform core negative beliefs



Hassle-Free Cancellation Policy:
If you contact us before the event date, you can exchange for a DVD or CD/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 \$60 cancel fee. Substitutions are permitted at any time.

TRAUMA, ANXIETY, DEPRESSION, RELATIONSHIPS, ANGER, STRESS AND SEX

Mindfulness for Trauma

Cultivate safety and groundedness
Retrain the dysregulated nervous system
Experiential exercise: positive visualization

Mindfulness for Anxiety

Witness the anxious mind
Get unstuck from anxious rumination
Experiential exercise: self-regulation practices for anxiety

Mindfulness for Depression

Transform core negative beliefs that power depression
Cultivate motivation and action
Experiential exercise: develop behavioral plans with the client

Mindfulness for Relationships

Clarify intentions that work in relationships
Transform unhealthy patterns
Experiential exercise: cultivate positive experiences/exchanges

Mindfulness for Anger

Understand the source of anger energy
Identify the anger storm
Clarify the practice when anger arises
Experiential exercise: rehearsal of the Stop-Breathe-Reflect-Choose practice

Mindfulness for Stress

Educate the client about the impact of stress
Change the stress reaction through practice
Experiential exercise: strengthen awareness of stress response, shifting to relaxation response

Mindfulness for Sex

Create conditions for healthy and mutually satisfying sex
Open to the full power of sexual intimacy

Mindfulness In-Session

Avoid compassion fatigue
Approach each session as meditative practice
Counsel "in the flow"
Experiential exercise: path to enjoying our work more meditation practice

Research, Limitations and the Potential Risks of Mindfulness in Treatment

Current state of research on mindfulness
Limits of the current research
Mindfulness-based treatments – potential risks and limitations
The importance of client evaluation
Practices beyond your training and experience

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

pesi.com/CBTWorksheet

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Mindfulness Certificate Course

2-Day Intensive Training

Earn your
CERTIFICATE
Today!

The Ultimate Intensive 2-Day Skills Training on Mindfulness!

SAN JOSE, CA
Monday & Tuesday
July 15-16, 2019

SAN FRANCISCO, CA
Wednesday & Thursday
July 17-18, 2019

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Mindfulness Certificate Course

2-Day Intensive Training

The Ultimate Intensive 2-Day Skills Training on Mindfulness!

- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- Apply an accessible mindfulness practice that effectively changes the brain

Earn your
CERTIFICATE
Today!

SAN JOSE, CA
Monday & Tuesday
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SAN FRANCISCO, CA
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Meet Your Speaker

Terry Fralich, LCPC, is a co-founder of the Mindfulness Retreat Center of Maine and former Adjunct Faculty Member of the University of Southern Maine Graduate School. He has led more than 400 seminars, trainings and retreats at the Center, at Omega Institute, Kripalu Center for Yoga and Health, both nationally and internationally. His expertise consists of mindfulness, neuroscience, CBT, brain change, emotional intelligence, stress reduction, meditation and the treatment of anxiety and depression. He has been teaching transformative mindfulness skills and practices for 20 years and has pursued his own practice of mindfulness and meditation for 40 years.

Terry studied extensively with His Holiness the Dalai Lama for 25 years and with some of the American pioneers of mindfulness, including Jon Kabat-Zinn and John Welwood. His first book, *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness*, was cited as one of "the 12 essential books on mindfulness." His second book, *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*, presents his clear and unique approach to mindfulness practice as a powerful force for healthy change in our everyday lives. Prior to becoming a mindfulness therapist, academic and author, Terry was an attorney who practiced law in New York City, Los Angeles and Portland, Maine.

Speaker Disclosure:

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

Non-financial: Terry Fralich has no relevant non-financial relationship to disclose.

Objectives

- Describe how clear psychoeducational descriptions of the relationship between mindfulness, neurobiology, and common disorders can be used to motivate clients to engage in treatment.
- Communicate how a case conceptualization that draws upon neuropsychological principles can help clinicians establish realistic expectations and goals with clients.
- Formulate treatment plans for anxiety that incorporate mindfulness strategies clients can use in and out of session to help alleviate symptoms.
- Dissect the neurobiological underpinnings of how emotions are created, and communicate why this is important to the therapeutic process.
- Employ mindfulness training and diaphragmatic breathing techniques that clients can use to help them manage unhealthy anger responses.
- Construct treatment plans for depression that incorporate mindfulness interventions that can be used to interrupt rumination and automatic negative thoughts.
- Characterize how mindfulness based stress reduction techniques can be used with clients to address prolonged periods of stress that can impact mental and physical health.
- Consider the clinical impact of research regarding the effects of mindfulness based practices on the neuropsychological aspects of trauma.
- Explore the clinical implications of research regarding the association between mindfulness and relationship satisfaction and outcomes.
- Establish how barriers to implementing mindfulness can be overcome using informal techniques clients can incorporate into their daily lives.
- Characterize how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
- Articulate the importance of the connection between therapist and client in contributing to positive clinical outcomes, and delineate how mindfulness may enhance the therapeutic relationship.

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 or call (715) 855-5234.

Save by including these products with registration!



Cultivating Lasting Happiness:

A 7-Step Guide to Mindfulness, 2nd Edition

By Terry Fralich, LCPC - **Your Speaker!**

PESI presenter, educator and clinician Terry Fralich offers readers a practical, step-by-step approach to understanding mindfulness. With his personal and engaging style, Terry presents a comprehensive and well-organized set of techniques. The material will enable clinicians to refine their use of "the seven steps of mindfulness" and to bring the inspiration of mindfulness more fully into their client's lives as well as their personal lives. User-friendly features include illustrative case examples, practice exercises and resource listings.



The Five Core Skills of Mindfulness:

A Direct Path to More Confidence, Joy and Love

By Terry Fralich, LCPC - **Your Speaker!**

Unlike general definitions and concepts of mindfulness, Five Core Skills describes in clear language a skill-based and integrated practice you can use right away to reduce stress, minimize suffering and enhance life.

With the insights, exercises and meditations in Part One, all the resources are there to experience the peace of living more mindfully. In Part Two, author Terry Fralich draws on his 35 years of experience with personal essays about mindfulness in the context of nature, relationships, sex and service ... sharing the magic and miracles fully revealed with mindfulness practice over time.



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.



The Mindfulness Toolbox:

50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman, MA, LPC

A Complete Guide to Mindfulness Tools for Clinicians 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.

More info and resources at www.pesi.com

Course Designed Especially for:

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

Certificate Course 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.



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.**

Seminar on DVD or CD 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 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.

Certificate Course 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 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 12.5 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 12.5 CEH's (continuing education hours).

COUNSELORS: This intermediate activity consists of 12.5 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.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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 PRACTITIONER/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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 12.5 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

CALIFORNIA NURSES ONLY: PESI must have your license number on file in order for your hours to be valid. While completing the online post-test/evaluation, please answer YES to the question: "Are you a California Nurse?" and include your license number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be filed. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and 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 12.5 contact hours or 1.25 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 12.5 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 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PE5010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 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 the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 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.

CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 12.0 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 760 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.

Group Discounts Available! Call 800-844-8260

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QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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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.**

• **\$60 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.

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3 Check Tuition:

Tuition with seminar manual

Early Bird Tuition \$399.99 per person (postmarked 3 weeks prior to event) -or- for two or more people registering together.

Standard Tuition \$439.99 per person

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___ *Cultivating Lasting Happiness* book* \$19.95 (PUB012530)

___ *The Five Core Skills of Mindfulness* book* \$19.99 (PUB082050)

___ *Just One Thing Card Deck** \$19.99 (PUB085345)

___ *The Mindfulness Toolbox* book* \$29.99 (PUB082210)

CE hours and approvals on products may differ from live CE approvals.

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