

# Mindfulness Certificate Course

## 2-Day Intensive Training

Attend this in-depth Mindfulness Certificate Course to develop a comprehensive, step-by-step approach to help your clients incorporate mindfulness practices into their daily routine and help you provide greater healing for your clients who suffer from:

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

This course will provide you with detailed, hands-on instruction on incorporating mindfulness into your treatment plans for the specific mental health disorders you see in your office each day. Full of structured and experiential exercises, interactive discussions, and case studies, you will take away practical strategies and reproducible handouts that are instantly usable upon your return to the office.

From intervening in the downward spiral of depression and anxiety to cultivating safety and groundedness in traumatized clients, you'll learn the art of applying mindfulness insights, skills and techniques to a variety of clinical populations.

Better still, you'll have the opportunity to practice the application of what you've learned under our instructor's skilled supervision.

Sign up for this certificate course today and leave this transformational experience armed with the skills and tools you need to enhance 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**

## 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

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

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# Mindfulness Certificate Course

## 2-Day Intensive Training

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Today!

The Ultimate Intensive 2-Day Skills  
Training on Mindfulness!

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Tuesday & Wednesday  
July 30 & 31, 2019

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August 1 & 2, 2019

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!
- Step-by-step instructions on specific interventions and exercises

Earn your  
**CERTIFICATE**  
Today!

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# Meet Your Speaker

**R. Brian Denton, Psy.D., Ph.D.,** is a licensed psychologist in Cleveland, Ohio. Dr. Denton completed his undergraduate work (B.A.) in psychology at Case Western Reserve University in Cleveland, OH, a Master's degree in Clinical and Counseling Psychology (M.A.) from Cleveland State University, and a Doctorate in Clinical Psychology (Psy.D.) from the School of Professional Psychology at Wright State University in Dayton, Ohio. Dr. Denton also received a Doctorate (Ph.D.) in Buddhist Studies from Buddha Dharma University.

Dr. Denton has studied the Eastern Wisdom traditions extensively over the past 20 years, having traveled to a variety of training centers and monastic institutes around the United States and overseas to study meditation practices and their application to human psychological functioning. He is a Zen Teacher and was given transmission as a Zen Master. He has lead mindfulness and meditation retreats, teaches independently, and utilizes his expertise in mindfulness within psychological treatment.

Dr. Denton has published on Mindfulness-Based treatment approaches as the lead author of the chapter "Clinical Uses of Mindfulness" in Innovations in Clinical Practice, and as third author of the book "Mindfulness in Clinical Practice", a primer of mindfulness-based treatment approaches. He is an experienced and sought after presenter on a wide range of topical areas, and in particular for trainings around Mindfulness, ACT, Inclusion/Diversity, and Sexuality.

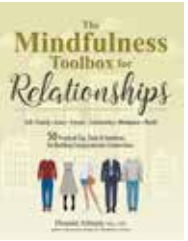
Speaker Disclosure:  
Financial: Robert Denton is in private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Robert Denton is a member of the Association of Contextual Behavioral Science; American Psychological Association; and the Ohio Psychological Association.

# 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](mailto:jlindblad@pesi.com) or call (715) 855-5234.

Save by including these products with registration!



## The Mindfulness Toolbox for Relationships

50 Practical Tips, Tools & Handouts for Building Compassionate Connections

By Donald Altman, M.A., LPC

Award-winning mindfulness author and expert Donald Altman delivers practical mindfulness tools that relieve stress and enhance daily living. Easy-to-use, detailed handouts offer freedom from old, stuck habits while providing life-affirming strategies for healthy, fulfilling, sustainable connections of all kinds, including relationships with family, friends, community, workplace and the world.



## 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 Happiness Toolbox

56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life

By Jonah Paquette, Psy.D.

So many books, websites, apps, and podcasts claim they contain the secrets to finding happiness. But rarely are they backed by research or real tools - instead just anecdotal fairy tales that work for a select few.

The Happiness Toolbox is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.

More info and resources at [www.pesi.com](http://www.pesi.com)



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.**

### Course Designed Especially for:

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

## Group Discounts Available! Call 800-844-8260

### 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.



**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](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.

**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.

### 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](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 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.

**ILLINOIS ADDICTION COUNSELORS:** This course has been submitted to the IAODAPCA for review.

**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.

**ILLINOIS COUNSELORS:** This intermediate activity consists of 12.5 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 12.5 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.

**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.

**ILLINOIS MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits.

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

**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.

**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.

**ILLINOIS PSYCHOLOGISTS:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 12.5 contact hours.

**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.

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## How to Register Mindfulness Certificate Course: 2-Day Intensive Training

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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### 1 Please complete entire form (to notify you of seminar changes):

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### 2 Check Attendance Option (make copy for your records)

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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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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#### 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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☐ **\$19.99\* Just One Thing Card Deck**

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

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