# Outline

## Competencies of MBCT

**Foundations of MBCT**

Mindfulness-Based Stress Reduction (MBSR)

Original MBCT trials

Evidence base for MBCT

Neurological evidence

**Principles**

Adaptation and expansion of CBT principles

Decenter from strong and persistent negative thoughts

Leading mindfulness exercises skillfully

Mindful inquiry

## MBCT Curriculum & Core Therapeutic Tasks

**Session 1: Awareness and Automatic Pilot**

Raisin exercise - distinguish thinking and feeling

Body scan - foundation to build attention

Mindfulness of daily activities

**Session 2: Living in Our Heads**

ABC model for linking thoughts and emotions

Pleasant events calendar to foster attention to the positive

Mindful breathing for stress and focus

**Session 3: Gather the Scattered Mind**

Mindful stretching for working with discomfort

Mindful walking for dynamic mindfulness

Unpleasant events calendar to relate differently to difficulty

3-Minute breathing space

**Session 4: Recognize Aversion**

Mindfulness of breath, body, sounds to deepen awareness

Working with difficulties without struggle

**Session 5: Allow/Let Be**

Exposure to difficult thoughts and feelings to transform them

Notice thoughts without getting lost in them

**Session 6: Thoughts are Not Facts**

Purposefully exposing to strong thoughts and feelings

Techniques for working wisely with difficult thoughts

**Session 7: How Can I Best Take Care of Myself?**

Recognize relapse signatures to prevent future problems

Develop self-care action plans

**Session 8: Maintaining and Extending New Learning**

Personalize mindfulness practices for individual clients

Maintain momentum of positive gains

## Clinical Issues – Advanced Strategies for Working with Challenging Clients:

**Adaptations of MBCT for:**

Depression

Stress

Anxiety

Chronic Pain

PTSD

Substance Use Disorders

Children & Adolescents

**Limitations of the Research and Potential Risks**

Most research has been done in group settings

Best when clients have the cognitive capacity to engage in the practices

Adaptations must be made for acute conditions and special populations

Mindfulness involves moving into experiences, which may cause a temporary exacerbation of symptoms

**Evaluations and Dissemination**

**Powerful exercises will be practiced throughout both days!**

# Objectives

1. Compile the underlying mechanisms that make mindfulness techniques effective for stress, depression, anxiety, trauma, pain, and addiction.
2. Breakdown the role of thoughts in perpetuating symptoms of stress, anxiety, and depression as it relates to ruminating thoughts and behaviors in clients.
3. Describe the brain changes associated with mindfulness practice to explain to clients the scientific effectiveness of practicing mindfulness.
4. Connect how mindfulness builds upon and refines the evidence-based principles of Cognitive-Behavioral Therapy (CBT).
5. Incorporate mindfulness practices into traditional CBT thought records to help alleviate clients of intrusive, obsessive compulsive thoughts.
6. Utilize specific mindfulness-based techniques to help clients disengage from the narrative of negative thoughts and emotions.
7. Organize the eight session structure used MBCT program in your own clinical setting.
8. Differentiate between the group process in MBCT vs. CBT to avoid clients' cycles of struggling with distressing thoughts and feelings.
9. Practice guiding a client through a 3-minute mindfulness exercise to improve the consistency of conscious choices rather than automatic reactions when distressed.
10. Explore the use of decentering skills with a client, in a session, in the reduction of worry and ruminations.
11. Apply the three steps of the mindful inquiry process, after the mindfulness exercise is over, to help clients more quickly internalize the skills and attitudes that allows them let go of struggle and make conscious choices.
12. Adapt the MBCT curriculum to different client populations, including children, as it relates to treatment considerations.

*"Richard Sears shares his wisdom and experience by providing a complete [overview] of an 8-week course of MBCT. Whether you're an experienced provider or a novice, you'll love seeing how Dr. Sears does this. When it resembles how you do it, you'll feel validated. When it's different, you'll appreciate the fresh ideas"*

**Ruth Baer, Ph.D.,** author of *The Practicing Happiness Workbook* and *Mindfulness-based Treatment Approaches*

★ Satisfaction 100% Guaranteed ★


FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

pesi.com/CBTWorksheet

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit www.pesi.com/inhouse



NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc
P.O. Box 1000
Eau Claire, WI 54702-1000
*A division of PESI, Inc.*



2-Day Experiential Workshop

MINDFULNESS-BASED COGNITIVE THERAPY

MBCT

CERTIFICATE COURSE

Featuring,
**Richard W. Sears**, PsyD, Ph.D., ABPP
National speaker, author and expert on mindfulness & MBCT

PESI®
www.pesi.com

Honolulu, HI
Thursday & Friday
July 11 & 12, 2019

REGISTER NOW: pesi.com/express/71444



2-Day Experiential Workshop

MINDFULNESS-BASED COGNITIVE THERAPY

MBCT

CERTIFICATE COURSE

Featuring,
**Richard W. Sears**, PsyD, Ph.D., ABPP
National speaker, author and expert on mindfulness & MBCT


*"Richard Sears has the expertise to immerse you in these concepts and skills to improve your clinical work as well as your own self-care."*

**Zindel V. Segal, Ph.D.**
Co-developer of MBCT


PESI®
www.pesi.com


A Non-Profit Organization Connecting Knowledge with Need Since 1979


Honolulu, HI
Thursday & Friday
July 11 & 12, 2019

REGISTER NOW: pesi.com/express/71444

Are you like many other frustrated clinicians, wanting to incorporate mindfulness into your therapy practice but struggling to do so? All around you are mindfulness articles and workshops that are ineffective to give you concrete, practical skills to help your clients.

CERTIFICATE COURSE

# MBCT

co-developed by Zindel Segal, combines the solid principles of CBT with the attentional training of mindfulness

Take action today! An emerging evidence-based approach, called Mindfulness-Based Cognitive Therapy (MBCT) has proven effectiveness!

In this new experiential two-day certificate workshop, immerse yourself in the entire MBCT curriculum, an 8 session structured program that combines mindfulness and cognitive therapy techniques. MBCT is evidenced based, and is an advanced clinical version of the popular Mindfulness Based Stress Reduction (MBSR).

Expert trainer Dr. Richard Sears will personally guide you step by step through core competencies of MBCT with passion, humor, and wisdom from his 30 years of teaching mindfulness. He will show you proven strategies for a wide range of psychological disorders, including:

- √ PTSD
- √ Anxiety
- √ Chronic pain
- √ Addictions
- √ Depression
- √ And MORE!

Add this treatment approach to your toolbox to use with individual clients or group therapy! No stressing, just follow the 8 sessions laid out in this 2-day workshop!!

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

## Speaker



Richard Sears, Psy.D., PhD, MBA, ABPP, is a licensed psychologist in Cincinnati, Ohio, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), runs a private psychology and consultation practice, and is the Director of the Center for Clinical Mindfulness & Meditation. He is also clinical assistant professor at Wright State University School of Professional Psychology, clinical/research faculty at the UC Center for Integrative Health and Wellness, volunteer professor of Psychiatry & Behavioral Neurosciences at the UC College of Medicine, and a research/psychologist contractor with the Cincinnati VA Medical Center.

His most recent books include: *Cognitive Behavioral Therapy & Mindfulness Toolbox* (PESI, 2017); *Mindfulness: Living Through Challenges and Enriching Your Life in this Moment* (Wiley-Blackwell); *Perspectives on Spirituality and Religion in Psychotherapy* (PR Press); *Building Competence in Mindfulness-Based Cognitive Therapy* (Routledge); and *Mindfulness-Based Cognitive Therapy for PTSD* (Wiley-Blackwell). Dr. Sears is lead author of *Mindfulness in Clinical Practice* (PR Press) and *Consultation Skills for Mental Health Professionals* (Wiley).

Dr. Sears is a fifth-degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama with his teacher, Stephen K. Hayes. He has studied the Eastern Wisdom traditions for over 30 years, receiving ordination in three traditions, and has been given transmission as a Zen master.

Speaker Disclosures:

Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc.

Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

## Save by including these products with Seminar Registration!

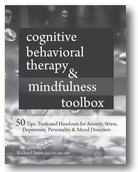



### *Building Competence in Mindfulness-Based Cognitive Therapy:* *Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems*

**By Richard Sears, Psy.D., Ph.D., MBA, ABPP**

your presenter!

This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.



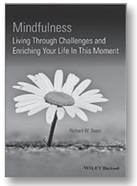

### *Cognitive Behavioral Therapy & Mindfulness Toolbox*

*50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders*

**By Richard Sears, Psy.D., Ph.D., MBA, ABPP**

your presenter!

Cognitive Behavioral Therapy (CBT) has been an effective intervention for decades, but few clinicians have discovered the powerful treatment results of combining CBT with Mindfulness. Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy -- all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.



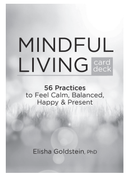

### *Mindfulness:*

*Living Through Challenges and Enriching Your Life In This Moment*

**By Richard Sears, Psy.D., Ph.D., MBA, ABPP**

your presenter!

*Mindfulness: Living Through Challenges and Enriching Your Life In This Moment* shows how the ancient practice of mindfulness can help us live a fuller and more enriching life.




### *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!




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. ***Advance online registration required.***

**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 715-855-8226.

## Workshop 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.*

**ADDICTION 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.

**HAWAII ALCOHOL AND DRUG ABUSE COUNSELORS:** This course has been submitted to the Hawaii Alcohol and Drug Abuse Division for review. Credit is pending.

**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.

**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.

**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.

**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.

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

Certificate Course Designed Especially for:

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

**Live Seminar Schedule** *(Both Days)*

**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 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.

PLEASE RETURN ENTIRE REGISTRATION FORM

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

## How to Register:

Mindfulness-Based Cognitive Therapy (MBCT) Certificate Course
2-Day Experiential Workshop

**ONLINE**
pesi.com/express/71444

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

**FAX**
800-554-9775

**MAIL**
PESI, Inc
PO Box 1000
Eau Claire, WI
54702-1000

**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.**

**2 Check seminar(s):** (make copy for your records)

☐ **HONOLULU, HI**

**July 11 & 12, 2019** 71444HON
Hyatt Regency Waikiki
2424 Kalakaua Ave • 96815
(808) 923-1234

**3 Check tuition:**

**TUITION WITH SEMINAR MANUAL**

☐ **$399.99** (+ tax in HI) per person **for both days** (postmarked 3 weeks prior to event)
☐ **$439.99** (+ tax in HI) per person **for both days** (standard)

**ADD-ON PRODUCT**

Distributed at seminar—FREE SHIPPING!

☐ **$44.95*** ***Building Competence in Mindfulness-Based Cognitive Therapy*** book
☐ **$24.95*** ***Mindfulness*** book
☐ **$29.99*** ***Cognitive Behavioral Therapy & Mindfulness Toolbox*** book
☐ **$19.99*** ***Mindful Living Card Deck***

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

**4 Indicate method of payment:**

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

☐ Check enclosed payable to **PESI, Inc.**
☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits
Card # _____
Card Exp._____ V-Code #*: _____
Signature_____
(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

**REGISTER NOW!**
**pesi.com/express/71444**

**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. ***Advance online registration required.***
- **$60 Tuition:** If you are interested in being our registration coordinator for the 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.
- **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 or call 800-844-8260 for details. ***Advance registration required.*** *Cannot be combined with other discounts.*

FOR OFFICE USE ONLY JLI
Fed ID # 26-3896894
© 2019 PESI, Inc.

**CAN'T ATTEND THE SEMINAR?**
See below for individual product orders

***Mindfulness-Based Cognitive Therapy (MBCT) Certificate Course: 2-Day Experiential Workshop***
___ Seminar on DVD* (video) $299.99 (RNV049535)
___ Seminar on CD* (audio) $269.99 (RNA049535)
___ ***Building Competence in Mindfulness-Based Cognitive Therapy*** book* $44.95 (SAM084165)
___ ***Mindfulness*** book* $24.95 (SAM083695)
___ ***Cognitive Behavioral Therapy & Mindfulness Toolbox*** book* $29.99 (PUB085015)
___ ***Mindful Living Card Deck*** $19.99 (PUB085720)

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

Product total $ _____
*Shipping _____
Subtotal _____
**Tax _____
TOTAL _____