

A note from your speaker.

I used to feel stuck with clients, treating the same symptoms session after session, but seeing little progress. Does this sound like you?

I was spending my days seeing client after client, and they were all anxious, panic-attack prone or just unable to cope with stress. I was of no help. **I was stuck in a rut treating symptoms;** focusing on what was wrong rather than treating them as an individual and reinforcing what was right

Incorporating MBSR into my sessions re-energized me and made me more confident in myself and my clinical work.

This evidence-based approach changed my life and has changed the lives of many of my clients. Now I want to share these strategies with you because I know that this work will help alleviate the psychological and physical pain in your clients’ lives.

These **tools are powerful and simple**, and you can immediately start incorporating them into your practice to give your clients the skills to live in the present and put stress and pain behind them.

Join me in this 2-day workshop and leave with the tools that will transform your clinical practice!

Here’s to healing,
Lucia

Attend and get practical skills of mindfulness and how to adapt these to a variety of clients & settings!



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.**

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.

Learning Outcomes

1. Present the core beliefs of Mindfulness Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
3. Implement various mindfulness practices utilized to decrease stress and improve symptomology.
4. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
5. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
6. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
7. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
8. Evaluate the use of interpersonal mindfulness in facilitating effective communication and increasing awareness in the client.
9. Appraise the applicability of neuroscience research to stress reduction and ascertain its clinical implications.
10. Determine specific adaptations of MBSR practices that can be utilized to treat symptoms of anxiety, depression, addiction and trauma.
11. Establish MBSR practices that are developmentally appropriate and effective for children and adolescents.
12. Articulate the methods by which MBSR can be interfaced with psychotherapy practices to improve clinical outcomes.

Speaker

Lucia McBee, LCSW, MPH, CYI, began her Mindfulness-Based Stress Reduction journey in 1992. Always interested in meditation and yoga, her mindfulness practice was inspired by a client with chronic pain. Looking for alternative treatments, she discovered MBSR, which requires a serious practice commitment from the teacher. She participated in professional training in Mindfulness-Based Stress Reduction in 1994 and the first MBSR Teacher Development Intensive at the Center for Mindfulness in 1997. She also completed training in Mind/Body/Spirit Medicine at the Center for Mind/Body Medicine in 2000. In 2008, Lucia became a certified Kripalu yoga teacher. Since 1998, she has taught MBSR to a wide variety of populations including mental health professionals, frail elders and caregivers, college students, persons with HIV, those recently released from incarceration, and courses for the general population.

In addition to teaching MBSR, Lucia is a licensed clinical social worker in both New York and Maine. Following her graduation from Columbia University’s School of Social Work and Public Health, she developed a pioneering practice using mindfulness and complementary and alternative medicine (CAM) to improve the quality of life in community, hospital and nursing home settings. Her book, Mindfulness-Based Elder Care,, is based on her innovations in adapting mindfulness and complementary and alternative medicine for elders and their caregivers. She has published numerous articles in peer reviewed journals and chapters in many books describing her adaptations of mindfulness. Her presentations have included national and international conferences. She regularly presents to and consults with institutional and community direct-care providers.

She is currently a freelance author, consultant and faculty at Columbia University School of Social Work.

Speaker Disclosures:
Financial: Lucia McBee is an adjunct faculty for Columbia University School of Social Work. She receives a speaking honorarium from PESI, Inc.
Non-financial: Lucia McBee has no relevant non-financial relationship to disclose.

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2-Day Certificate Course

MBSR

Mindfulness Based Stress Reduction

TINLEY PARK, IL
Monday & Tuesday
August 12 & 13, 2019

NORTHBROOK, IL
Wednesday & Thursday
August 14 & 15, 2019



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MBSR


Mindfulness Based Stress Reduction

Learn MBSR as created by Jon Kabat-Zinn, Ph.D., from an expert trainer Lucia McBee

• Give your clients the skills to live in the present, and put stress and pain behind them!

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Outline

Foundational Principles

The Origin of MBSR
Goals and Principles
Populations Served
Assessment and Orientation
MBSR Ground Rules
Teacher competencies

The Curriculum—Themes

Class 1-3 Grounding Mindfulness in the Body
Class 4-5 Stress Reaction versus Response
Class 6-7 Communication and Interpersonal Mindfulness
Class 8 Summation and Bringing Mindfulness Home
All Day Session

Establishing Mindfulness Practices

Defining Mindfulness
Introducing Mindfulness Experientially and Verbally
7 Essential Attitudes in Establishing Mindfulness

Establishing Intention and Commitment to Practice

Language —Using Gerunds and the Vernacular
Leading an Awareness Exercise: The Raisin

Guidance in Formal Mindfulness Practices

The Body Scan
The Sitting Meditation with Awareness of Breath
Yoga
Walking Meditation
Loving-Kindness Meditation
Practice in Leading a Mindfulness Meditation

Applying Mindfulness to Daily Life

Creating Home Practices
Use of Homework
The S.T.O.P.
The Three Minute Breathing Space
Awareness Exercises

Clinical Issues: Working with Difficulties

The Process of Inquiry including Role Playing and Practice in Inquiry
Working with Feeling
Working with Pain and Stress
Working with Anxiety and Panic
Application of Neuro-Science Research

Adaptations of MBSR for:

Depression
Addictions
Trauma
Children and Adolescents

Inter-personal Mindfulness and Communication

Akido for MBSR
Use of Dyads
Group Process
Interface with Psychotherapy

Limitations of Research and Potential Risks

Various definitions of mindfulness
Research validity and reliability
Client may experience initial increase in symptoms
Special considerations for severe mental illness

Live Workshop Schedule for 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.

Save by Including these Products with Registration!

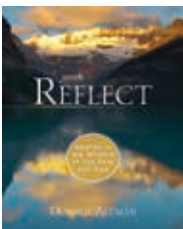


Digital Detox Card Deck

56 Practices to Help You Detox, De-Stress, Distract and Discover

By Goali Saedi Bocci, PhD

Buzzing, pinging and grasping for our attention, our phones and screens can cause significant distress, as we lose touch with reality and the importance of self-care and emotional well-being. Take advantage of the 56 practices inside to detox from your devices, feel rejuvenated, find healthier coping skills, and embrace the present moment.

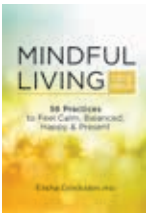


Reflect

Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. Reflect taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.



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!



The Heart of Mindfulness-Based Stress Reduction A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness.

Workshop Designed Especially for

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

In-Depth Practice
is featured throughout
the 2-day Workshop!

Live Workshop Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend both full days. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 professions 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.

INDIANA 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. License #: 159-000154. Full attendance at this course qualifies for 12.5 credits.

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.

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.

INDIANA PSYCHOLOGISTS: PESI, Inc. is an approved provider with the Indiana State Psychology Boards. Certificate #: 98000998A - Catagory I. PESI maintains full responsibility for this program and its contents. 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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 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.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 12.5 contact hours.

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.

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Questions?

Call customer service at
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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 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. *Limited seats available; advance 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.
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