



**2-Day
Intensive Training**

Mindfulness Certificate Course

Get the direction you're seeking with the in-depth training that only an intensive multi-day workshop can provide!

- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- "Go-to" techniques immediately applicable to your clinical practice
- Address toxic anger and reduce the body's anger response
- Guidance and interactive demonstrations
- Step-by-step instruction on specific mindfulness interventions and exercises

Woburn, MA

**Monday & Tuesday
August 19 & 20, 2019**

Courtyard Boston/Woburn North

REGISTER NOW! pesi.com/express/72128

Mindfulness Certificate Course



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.

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 Dali 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!

REGISTER NOW! pesi.com/express/72128

QUESTIONS? Call customer service at 800-844-8260

Finally...

the intensive multi-day mindfulness training you've been waiting for!

You've had exposure to mindfulness. You've read the articles and taken the one-day classes. You know the benefits, but **you're looking for more...**

- **More answers** to your specific questions on how to establish a mindfulness practice in your clinical work.
- **More direction** on how to integrate mindfulness into your treatment plans for specific disorders including anxiety, depression and trauma.
- **More practice, guidance and feedback** on utilizing mindfulness in specific therapeutic situations.

Get More!

Join Terry as he knowledgeably guides you through the effective use of numerous core and advanced mindfulness skills that will help you make the most of each session.

He'll 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.

From intervening in the downward spiral of depression and anxiety to cultivating safety and groundedness in traumatized clients, **Terry has you covered with the specific exercises he's found most capable in more than 20 years of clinical practice.** You'll even learn mindfulness interventions that can be used to help your clients build healthy relationship patterns and create the conditions for mutually satisfying sex.

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

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 Lindbald at jlindbald@pesi.com or call 715-855-5234.

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 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. He is the author of *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness* and *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*.

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.

QUESTIONS? Call customer service at 800-844-8260

Comprehensive Course Agenda

COURSE HOURS: 8 a.m. to 4 p.m.

Registration and Morning Coffee & Tea: 7:30 a.m.

Lunch Break (on your own)

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 agenda will be provided

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

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

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

QUESTIONS? Call customer service at 800-844-8260

Agenda

own): 11:50 a.m. to 1:00 p.m.

tailed schedule is available upon request.

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



Objectives

- 1 Describe how clear psychoeducational descriptions of the relationship between mindfulness, neurobiology, and common disorders can be used to motivate clients to engage in treatment.
- 2 Communicate how a case conceptualization that draws upon neuropsychological principles can help clinicians establish realistic expectations and goals with clients.
- 3 Formulate treatment plans for anxiety that incorporate mindfulness strategies clients can use in and out of session to help alleviate symptoms.
- 4 Dissect the neurobiological underpinnings of how emotions are created, and communicate why this is important to the therapeutic process.
- 5 Employ mindfulness training and diaphragmatic breathing techniques that clients can use to help them manage unhealthy anger responses.
- 6 Construct treatment plans for depression that incorporate mindfulness interventions that can be used to interrupt rumination and automatic negative thoughts.
- 7 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.
- 8 Consider the clinical impact of research regarding the effects of mindfulness-based practices on the neuropsychological aspects of trauma.
- 9 Explore the clinical implications of research regarding the association between mindfulness and relationship satisfaction and outcomes.
- 10 Establish how barriers to implementing mindfulness can be overcome using informal techniques clients can incorporate into their daily lives.
- 11 Characterize how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
- 12 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.

THIS COURSE IS DESIGNED FOR:

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

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.

Don't just take our word for it.

Hear what our customers are saying about the 2-Day Mindfulness Certificate Course and Terry Fralich...

***"This is by far one of the Best Trainings I have been to...
kept you on the edge of your seat wanting more!"***

—CLINICAL SOCIAL WORKER—

"Absolutely loved all of it!"

—PSYCHOLOGIST—

***"Inspiring. Thought provoking. Amazing
integration of theory and practice."***

—LICENSED CLINICAL SOCIAL WORKER—

***"I enjoyed every moment of this hands-on training.
Thank you so much!"***

—LICENSED CLINICAL SOCIAL WORKER—

***"Awesome...Awesome...Awesome.
Will definitely be able to utilize information and
materials personally and professionally."***

—LICENSED PROFESSIONAL COUNSELOR—

"Wonderful, insightful, transformative seminar!"

—PSYCHOLOGIST—

***"This was wonderful...has changed my perspectives
toward myself and the people I work with."***

—SCHOOL PSYCHOLOGIST—

"Terry is the real deal."

—PSYCHOLOGIST—

Certificate Course Continuing Education Credit Information for Entire Training

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.

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.

MASSACHUSETTS COUNSELORS: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

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.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. 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 live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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.

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Save by including these products with registration!



Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness, 2nd Edition

By Your Speaker:
Terry Fralich, LPC

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 Your Speaker:
Terry Fralich, LPC

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.



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.



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.

Mindfulness Certificate Course 2-Day Intensive Training

How to Register

ONLINE

pesi.com/express/72128

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

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PO BOX 1000
Eau Claire, WI
54702-1000

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

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

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Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ 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 Location

☐ **WOBURN, MA • August 19 & 20, 2019** 72128WOB

Courtyard Boston/Woburn North

700 Unicorn Park Drive • 01801

(781) 938-9001

3 Check 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

4 Add-On Products

	Distributed at seminar FREE SHIPPING	Shipped to You
Mindfulness Certificate Course: 2-Day Intensive Training Seminar on DVD* (video) \$299.99 (RNV051845)	N/A	<input type="checkbox"/>
Mindfulness Certificate Course: 2-Day Intensive Training Seminar on CD* (audio) \$269.99 (RNA051845)	N/A	<input type="checkbox"/>
Cultivating Lasting Happiness book* \$19.95 (PUB012530)	<input type="checkbox"/>	<input type="checkbox"/>
The Five Core Skills of Mindfulness book* \$19.99 (PUB082050)	<input type="checkbox"/>	<input type="checkbox"/>
Reflect book* \$15.00 (PUB085980)	<input type="checkbox"/>	<input type="checkbox"/>
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*Shipping		N/A
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*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

5

Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

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FREE

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John Ludgate, PhD

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Intensive Training**

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—CLINICAL SOCIAL WORKER—

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