

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

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 ★

Powerful exercises will be practiced throughout both days!

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., MBA, ABPP
National speaker, author and expert on mindfulness & MBCT

Ellicott City, MD
Wednesday & Thursday
August 28 & 29, 2019

REGISTER NOW: pesi.com/express/72130

2-Day Experiential Workshop

MINDFULNESS-BASED COGNITIVE THERAPY

MBCT

CERTIFICATE COURSE

Featuring,
Richard W. Sears, PsyD, Ph.D., MBA, 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

Ellicott City, MD
Wednesday & Thursday
August 28 & 29, 2019

REGISTER NOW: pesi.com/express/72130



PESI®
www.pesi.com
A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Ellicott City, MD
Wednesday & Thursday
August 28 & 29, 2019

REGISTER NOW: pesi.com/express/72130

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.

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
- ✓ Chronic pain
- ✓ Depression
- ✓ Anxiety
- ✓ Addictions
- ✓ 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!!

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.

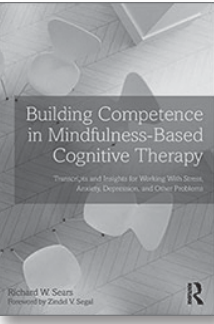
Speaker Disclosures:
Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc.
Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

CERTIFICATE COURSE

MBCT

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

Save by including these products with Seminar Registration!

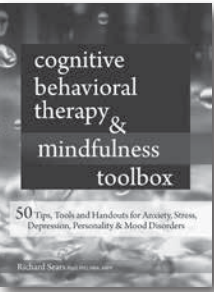


Building Competence in Mindfulness-Based Cognitive Therapy: Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems

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.

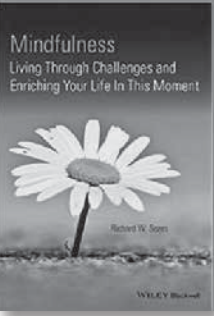


Cognitive Behavioral Therapy & Mindfulness Toolbox 50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

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.

Questions? Call customer service at 800-844-8260

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



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.**

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.

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: Mindfulness-Based Cognitive Therapy (MBCT) Certificate Course: 2 Day Experiential Workshop has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3241. PESI is offering this activity for 12.75 clock hours of continuing education credit.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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 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.

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.

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.

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/72130

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

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

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

☐ **ELLICOTT CITY, MD**

August 28 & 29, 2019

72130ELL

Turf Valley Resort & Conference Center
2700 Turf Valley Rd - 21042
(410) 465-1500

REGISTER NOW!
pesi.com/express/72130

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. **Limited seats available; 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
Fed ID # 26-3896894
© 2019 PESI, Inc.

Product total \$
*Shipping is \$6.95 first item + \$2.00 each add'l item.
*Shipping Subtotal
**Tax
TOTAL

*Shipping is \$6.95 first item + \$2.00 each add'l item.
*Shipping Subtotal
**Tax
TOTAL

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)

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