

## Outline

### Mindfulness – the Neurobiology of Brain Changes

Neuroplasticity and the brain  
Evidence for Mindfulness as a treatment  
Brain changes for specific disorders

### 4 Steps to Integrate Mindfulness into Clinical Practice

How to teach Mindfulness in session  
Techniques to increase client use of Mindfulness at home  
Strategies for processing what happens with your client  
Strategies to identify and overcome obstacles & resistance

### Mindfulness Strategies for Specific Disorders

Mindfulness of breath  
Present moment awareness  
Core practice  
Mindfulness of thoughts  
Mindfulness of tasks  
Mindfulness of intention  
Mindfulness of intuition  
Plus many more

### Anxiety & Depression

Calm the arousal state and relax mind and body  
Reduce anxious thoughts  
Focus on the present  
Decrease negative thoughts  
Shift and improve mood state & increase pleasure

## Live Seminar and Webcast Schedule

(Times in Eastern)

**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.

#### 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 \$30 cancel fee. Substitutions are permitted at any time.



#### Seminar on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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.



#### PTSD

Calm the arousal state  
Improve ability to stay grounded in the present  
Reduce traumatic thoughts

#### Panic & OCD

Reduce frequency and intensity of panic attacks  
Increase awareness of obsessive thoughts and compulsive behaviors  
Decrease obsessive thinking and compulsions

#### Bipolar Disorder

Increase awareness of mood state  
Stabilize mood over time

#### ADHD

Improve concentration  
Increase task completion  
Reduce hyperactivity

#### Pain & Sleep

Accept and embrace the pain  
Calm busy thoughts  
Relax the mind and body  
Fall asleep and stay asleep

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# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

**TOMS RIVER, NJ**  
Monday, September 16, 2019

**PARSIPPANY, NJ**  
Wednesday, September 18, 2019

**PRINCETON, NJ**  
Tuesday, September 17, 2019

**LIVE VIDEO WEBCAST**  
Wednesday, September 18, 2019

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A NON-PROFIT ORGANIZATION CONNECTING  
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- Become more effective in treating anxiety, depression, ADHD, OCD, sleep and pain by incorporating mindfulness skills with evidence-based treatments
- First session strategies for anxiety - calm your clients with mindfulness interventions you can teach on their very first day of treatment!
- Implement a 4-step process to integrate mindfulness into your practice

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Enhance your treatment plans for anxiety, depression, ADHD, OCD, bipolar disorder, sleep, pain, and stress with brain-changing mindfulness skills tailored to the problems your clients face each day.

Attend this workshop and get detailed guidance on the hows, whys, and whens of incorporating core and advanced mindfulness skills into your clinical practice. Build your client education skills and improve therapeutic engagement with clear explanations regarding the neurobiology behind mindfulness. Interactive demonstrations and step-by-step instruction on specific interventions and exercises will give you the tools you need to treat a variety of disorders and populations. And the opportunity to practice under the direction of our instructor will boost your confidence in using your new skills. Better still, you'll walk away with a four-step process that ties it all together, making what you've learned immediately relevant to your own work with clients.

Objectives

1. Motivate clients to engage in treatment with understandable psychoeducational explanations regarding the research and practices associated with mindfulness.

2. Formulate treatment plans for anxiety that include mindfulness techniques that can be used to regulate the client’s arousal state.

3. Integrate mindfulness interventions into therapy that can help depressed clients manage negative thoughts and reduce the risk of relapse.
4. Articulate how mindfulness training can be used as an adjunctive therapy with evidence-based treatment to enhance attention in clients with attention deficit hyperactivity disorder (ADHD).

5. Communicate how mindfulness-based approaches can help clients observe internal reactions and establish how this information can be used in the treatment of posttraumatic stress symptoms.

6. Instruct clients with obsessive-compulsive disorder (OCD) on the utilization of mindfulness skills that can facilitate disengagement from repetitive thoughts.

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.

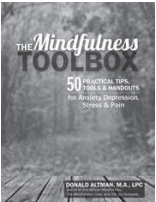
Dr. Denton has published on Mindfulness-Based treatment approaches as the lead author of the chapter “Clinical Uses of Mindfulness” in Innovations in Clinical Practice, and as third author of the book “Mindfulness in Clinical Practice”, a primer of mindfulness-based treatment approaches. He is an experienced 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:  
\*Need

100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

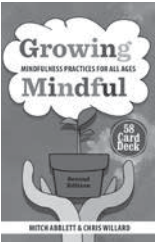
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**The Mindfulness Toolbox:**  
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman MA, LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.



**Growing Mindful, 2nd Edition**  
Mindfulness Practices for All Ages 58 Card Deck

By Mitch R. Abblett, Ph.D. & Christopher Willard, Psy.D.

This favorite resource for therapists, educators, parents and kids, makes teaching and incorporating mindfulness into your home, classroom and therapy session super easy and fun. Now in its 2nd Edition-the updated *Growing Mindful* card deck features 56 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness and curiosity. Perfect for all ages!

Questions?

Call customer service at **800-844-8260**

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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.

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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.

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**NEW JERSEY COUNSELORS:** This intermediate activity consists of 6.25 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.

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**NEW JERSEY SOCIAL WORKERS:** 100 Brain-Changing Mindfulness Techniques to Integrate Into Your Clinical Practice, Course #2274, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 03/05/2019 - 03/05/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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