

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.

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

Target Audience

Counselors • Social Workers
Psychologists • Case Managers
Addiction Counselors
Occupational Therapists
Marriage & Family Therapists
Psychotherapists • 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 \$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 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.



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.**

Don't Miss!
LIVE VIDEO WEBCAST
WEDNESDAY
September 18, 2019
REGISTER ONLINE
pesi.com/webcast/72907

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.

100 Brain-Changing
Mindfulness Techniques
to Integrate Into Your Clinical Practice

TOMS RIVER, NJ
Monday, September 16, 2019

PRINCETON, NJ
Tuesday, September 17, 2019

PARSIPPANY, NJ
Wednesday, September 18, 2019

LIVE VIDEO WEBCAST
Wednesday, September 18, 2019

REGISTER NOW! pesi.com/express/72872

100 Brain-Changing
Mindfulness Techniques
to Integrate Into Your Clinical Practice

Featuring:
Dr. Bries Erik Deerrose

- 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

TOMS RIVER, NJ

Monday, September 16, 2019

PRINCETON, NJ

Tuesday, September 17, 2019

PARSIPPANY, NJ

Wednesday, September 18, 2019

LIVE VIDEO WEBCAST

Wednesday, September 18, 2019



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW! pesi.com/express/72872

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.

100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

Objectives

- Motivate clients to engage in treatment with understandable psychoeducational explanations regarding the research and practices associated with mindfulness.
- Formulate treatment plans for anxiety that include mindfulness techniques that can be used to regulate the client's arousal state.
- Integrate mindfulness interventions into therapy that can help depressed clients manage negative thoughts and reduce the risk of relapse.
- 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).
- 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.
- 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.

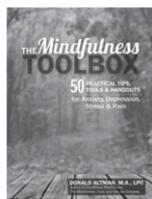
Dr. Denton has studied the Eastern Wisdom traditions extensively over the past 20 years, having traveled to a variety of training centers and monastic institutes around the United States and overseas to study meditation practices and their application to human psychological functioning. He is a Zen Teacher 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

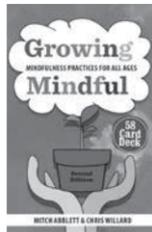
SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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**

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 715-855-5234.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on September 18, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/72907

Seminar 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 6.0 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 6.25 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.

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.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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 6.3 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 6.0 contact hours or 6 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 6.0 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. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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 6.25 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.

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.

OTHER PROFESSIONS: This activity qualifies for 380 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 **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

100 BRAIN-CHANGING MINDFULNESS TECHNIQUES TO INTEGRATE INTO YOUR CLINICAL PRACTICE

ONLINE
pesi.com/express/72872

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.

3 Check location: (make copy of locations)

TOMS RIVER, NJ 72872TOM
September 16, 2019
Days Hotel Toms River
290 Route 37 E • 08753 • (732) 244-4000

PRINCETON, NJ 72872PRI
September 17, 2019
NJHA Conference And Event Center
760 Alexander Rd • 08540 • (609) 275-4000

PARSIPPANY, NJ 72872PAY
September 18, 2019
Embassy Suites Parsippany
909 Parsippany Blvd • 07054 • (973) 334-1440

LIVE VIDEO WEBCAST PLW72872
September 18, 2019
Broadcast LIVE to your computer!

REGISTER NOW!
pesi.com/express/72872

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; advanced online registration required.*
- \$30 Tuition:** If you are interested in being our registration coordinator for the day, 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.

3 Check tuition:

ON-SITE TUITION with seminar manual

\$199.99 – choose one of the options below:
 per person for 2 or more preregistering together—OR—
 single registration postmarked 3 weeks prior to seminar date

\$229.99 standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

\$29.99* *The Mindfulness Toolbox* book

\$16.99* *Growing Mindful, 2nd Edition* card deck

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

WEBCAST with downloadable seminar manual

\$199.99 registration (+ tax in HI, MN, NM, PA, WI)

4 Indicate method of payment:

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

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 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.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

100 Brain-Changing Mindfulness Techniques to Integrate Into Your Clinical Practice

___ Seminar on DVD* (video) \$199.99 (RNV054780)

___ Seminar on CD* (audio) \$169.99 (RNA054780)

___ *The Mindfulness Toolbox* book* \$29.99 (PUB082210)

___ *Growing Mindful, 2nd Edition* card deck* \$16.99 (PUB085990)

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	_____