Mindfulness Certificate Course

2-Day Intensive Training

Join in for this in-depth Mindfulness Certificate Course to develop a comprehensive, step-by-step approach to help your clients incorporate brain-changing mindfulness practices into their daily

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

of the best trainings l have been to....kept you on the edge of your seat wanting more!" - Clinical social worker

nationally and internationally. From his experience with the Dalai 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!

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

"This was by far one

Outline

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

Neuroscience and Mindfulness

Effective drivers of neuroplasticity Interpersonal neurobiology: importance of early experiences

Formation of mental models: core negative

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

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 Retrain 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

Transform 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

Mindfulness for Sex

Create conditions for healthy and mutually satisfying sex Open to the full power of sexual intimacy

Mindfulness In-Session

Avoid compassion fatique

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

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.





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Course

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- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- Earn your
- Apply an accessible mindfulness practice that effectively changes the brain



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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 at the Center, at Omega Institute, Kripalu Center for Yoga and Health, 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, including Jon Kabat-Zinn and John Welwood. His first book, Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness, was cited as one of "the 12 essential books on mindfulness." His second book, The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love, presents his clear and unique approach to mindfulness practice as a powerful force for healthy change in our everyday lives. Prior to becoming a mindfulness therapist, academic and author, Terry was an attorney who practiced law in New York City, Los Angeles and Portland, Maine.

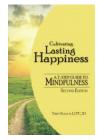
Speaker Disclosure:

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.

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
- 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.

Save by including these products with registration!



Cultivating Lasting Happiness:

A 7-Step Guide to Mindfulness, 2nd Edition

By Terry Fralich, LCPC - Your Speaker!

Cultivating Lasting Happiness is the definitive practical guide to understanding mindfulness and integrating it into your life. Terry Fralich has created a path for developing the awareness and skills to minimize suffering and maximize positive states - all to enhance well being. Includes, case examples, exercises, meditations



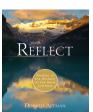
The Five Core Skills of Mindfulness:

A Direct Path to More Confidence, Joy and Love

By Terry Fralich, LCPC - Your Speaker!

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.

More info and resources at www.pesi.com

Course Designed Especially for -

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

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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.

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modalities that are beyond the authorized practice of mental health profes. 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 standard PESI, Inc. offers continuing education programs and products under the brand

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FLORIDA SOCIAL WORKERS/MARRIAGE & FAMILY THERAPISTS/MENTAL HEALTH COUNSELORS: PESI, Inc., is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 12.5 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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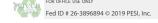
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