

# 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 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 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.**

## 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 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  
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 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

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.*



— FREE —  
Worksheets



Free Gratitude, Mindfulness  
& Optimism Worksheets

[pesi.com/worksheetshappiness](http://pesi.com/worksheetshappiness)

Bring any training  
in-house!



Convenient • Cost-Effective • Customizable

for more information visit  
[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
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.

# Mindfulness Certificate Course

## 2-Day Intensive Training

Earn your  
**CERTIFICATE**  
Today!

*The Ultimate Intensive 2-Day Skills  
Training on Mindfulness!*

**HIALEAH GARDENS, FL**

Monday & Tuesday  
September 23-24, 2019

[www.pesi.com](http://www.pesi.com)

**REGISTER NOW! [pesi.com/express/72880](http://pesi.com/express/72880)**

# Mindfulness Certificate Course

## 2-Day Intensive Training

*The Ultimate Intensive 2-Day Skills  
Training on Mindfulness!*

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

Earn your  
**CERTIFICATE**  
Today!

**HIALEAH GARDENS, FL**

Monday & Tuesday  
September 23-24, 2019



[www.pesi.com](http://www.pesi.com)  
A Non-Profit Organization Connecting Knowledge with Need Since 1979

**REGISTER NOW! [pesi.com/express/72880](http://pesi.com/express/72880)**

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

## 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 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.

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 and practice guides.

### ***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](http://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

**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](mailto:jlindblad@pesi.com) or call 715-855-5234.

### Certificate Course Schedule *(each day)*

**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.

## Group Discounts Available!

Call 800-844-8260

**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](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.

**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.



## Certificate Course 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](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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

*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.*

**ADDICTION 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.

**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.

**FLORIDA NURSES:** PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 12.5 contact hours.

**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 .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.

**FLORIDA OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 12.6 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**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. 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. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**FLORIDA BOARD OF PSYCHOLOGY:** PESI, Inc., is an approved provider with the Florida Board of Psychology, Provider Number 50-399. This course qualifies for 12.6 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**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.

**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.

**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.

## How to Register Mindfulness Certificate Course: 2-Day Intensive Training

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

[pesi.com/express/72880](http://pesi.com/express/72880)

### 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.

### 2 Check Attendance Option

(make copy for your records)

**HIALEAH GARDENS, FL**

**72880HIA**

Holiday Inn Miami West – Airport Area

7707 NW 103rd St • 33016

(305) 825-1000

☐ **September 23-24, 2019**

**Register now!**

[pesi.com/express/72880](http://pesi.com/express/72880)

### 3 Check Tuition:

**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

**Add-On Products**

Distributed at seminar—FREE SHIPPING!

☐ **\$19.95\*** *Cultivating Lasting Happiness* book

☐ **\$19.99\*** *The Five Core Skills of Mindfulness* book

☐ **\$15.00\*** *Reflect: Awaken to the Wisdom of the Here and Now* book

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

### 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

**Mindfulness Certificate Course: 2-Day Intensive Training**

— Seminar on DVD\* (video) \$299.99 (RNA051845)

— Seminar on CD\* (audio) \$269.99 (RNA051845)

— *Cultivating Lasting Happiness* book\* \$19.95 (PUB012530)

— *The Five Core Skills of Mindfulness* book\* \$19.99 (PUB082050)

— *Reflect: Awaken to the Wisdom of the Here and Now* book\* \$15.00 (PUB085980)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
*Shipping is \$6.95 first item + \$2.00 each add'l item.	*Shipping _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	Subtotal _____
	**Tax _____
	<b>TOTAL</b> _____



FOR OFFICE USE ONLY  
Fed ID # 26-3896894 © 2019 PESI, Inc.

JLI