

2-Day

Mindfulness, Compassion & Biofeedback

Evidence-Based Strategies to Improve Self-Regulation & Stress Reduction in Clients with PTSD, Anxiety, Chronic Pain & More

Clients with PTSD, anxiety, depression or chronic pain often struggle with distress-tolerance and poor emotional regulation. These clients are often unable to cope with navigating through difficult treatment because they can’t access thoughts and feelings beyond the immediate moment. Week after week, this leaves you feeling like you’re having the same session repeatedly with no improvements. You’ve become frustrated and are not sure what to do next.

Transform your clinical outcomes by integrating Mindfulness-Based Biofeedback into your practice!

Mindfulness-Based Biofeedback can **complement any treatment approach** and has been demonstrated to improve numerous physical and emotional health symptoms including those associated with chronic pain, anxiety, stress and depression. In biofeedback treatment, individuals learn about their emotional state by taking biological measurements, such as temperature or respiration rate, and use that information to choose mindfulness and compassion techniques to target and change symptoms of high stress or dysregulation. You’ll be able to teach these skills to your clients so that they can become aware of their bodies and “see” their mood states, emotions and stress levels—with little to no financial investment required.

Join Dr. Urszula Klich, PhD, BCB, and discover the exponential benefits of combining two rigorously studied scientific methodologies into a modality that is useful for clinical practice and overall health and wellbeing. Dr. Klich will walk you step-by-step through the process of using biofeedback and mindfulness together with the goal of helping your clients develop stress-reduction and self-regulation skills. You’ll learn how to **utilize affordable, easy-to-use, portable biofeedback modalities** in session and how to teach your clients to use them at home. Attend this hands-on, experiential seminar, and you’ll leave with valuable skills and tools and that you can apply immediately to transform your practice.

Register today to master Mindfulness-Based Biofeedback and transform stress-reduction and self-regulation for your clients!


Speaker

Dr. Urszula Klich, Ph.D, BCB, is a clinical psychologist, speaker, and author who teaches self-regulation to maximize physical and emotional health. She is a certified meditation teacher in Cognitively-Based Compassion Training (CBCT) through Emory University and has served on various medical teams. She is board certified in biofeedback and is the president of the Southeast Biofeedback and Clinical Neuroscience Association. Her specialized program of Mindfulness-Based Biofeedback (MBB) has been published and widely applied from hospitals to classrooms based on the premise that integrating mindfulness and compassion-informed treatment with psychology fosters individuals’ healing power to improve physical, emotional, and spiritual well-being. Living mindfulness is advantageous and accessible to anyone who recognizes a need for a shift in their lives and sets an intention to move forward. She is a sought-after workshop leader and internationally recognized speaker in health and wellness.

Speaker Disclosure:
Financial: Urszula Klich maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Urszula Klich is president of the Southeast Biofeedback and Clinical Neuroscience Association.

Objectives

1. Explore the physical and psychological benefits of mindfulness meditation and their treatment implications.
2. Articulate the efficacy of practicing mindfulness-based approaches as it relates to symptom reduction for several disorders, including anxiety and chronic pain.
3. Integrate mindfulness and compassion-based interventions in session to improve clinical outcomes.
4. Assess nervous system reactivity in clients with an individualized stress test to inform clinical treatment interventions.
5. Analyze biofeedback treatment and provide examples of biofeedback modalities that are amenable to practical use by clients and in session.
6. Perform a clinical assessment to inform the clinician’s choice of the best combination of mindfulness and biofeedback modalities for symptom management.
7. Explain how mindfulness-based biofeedback treatment works to alleviate psychophysiological symptoms that occur because of acute and chronic stress.
8. Integrate biofeedback with complementary relaxation techniques to improve clinical outcomes.
9. Develop a mindfulness-based biofeedback treatment plan to alleviate symptoms of stress, pain, anxiety, PTSD, and depression in clients.
10. Utilize respiration and thermal biofeedback modalities in session to teach clients self-regulation skills and stress management.
11. Integrate biofeedback and self-regulation exercises, such as compassionate bodily awareness, in session, to improve client level of functioning.
12. Utilize clinical strategies to adapt mindfulness-based biofeedback to treat various client populations, such as children and military personnel.



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.**

Live Seminar & Webcast Schedule
(Both Days, Times listed in Pacific)

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 \$60 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 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.

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 Kay Friske at kfriske@pesi.com or call 715-855-6362.

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2-Day

Mindfulness, Compassion & Biofeedback

Evidence-Based Strategies to Improve Self-Regulation & Stress Reduction in Clients with PTSD, Anxiety, Chronic Pain & More

SPOKANE, WA
Tuesday-Wednesday
September 24-25, 2019

LIVE VIDEO WEBCAST
Tuesday-Wednesday
September 24-25, 2019

SEATTLE, WA
Thursday-Friday
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2-Day

Mindfulness, Compassion & Biofeedback

Evidence-Based Strategies to Improve Self-Regulation & Stress Reduction in Clients with PTSD, Anxiety, Chronic Pain & More

- Transform your clients’ self-regulation and stress reduction skills
- Practical, easy-to-use biofeedback modalities that you can use in your practice immediately
- Break client habitual reactions to stress and trauma with the assistance of biofeedback
- Reduce symptoms of clients with PTSD, anxiety, chronic pain and more



No financial investment or special equipment needed

SPOKANE, WA & LIVE VIDEO WEBCAST
Tuesday-Wednesday, September 24-25, 2019

SEATTLE, WA
Thursday-Friday, September 26-27, 2019



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

Integrate Biofeedback into Your Practice

Biofeedback purpose and benefits

Assess client reactivity

Efficacy for various mental health conditions

What happens when clients try to relax

Stress & it's relationship to pain

How biofeedback works

Biofeedback modalities

Choose the right tool for the job

Usability and portability considerations

Treatment goals

Billing & documentation considerations

Limitations of research & potential risks

Practice Exercises: *Using different biofeedback modalities*

Respiration Biofeedback: Step-by-Step

Meditation & the breath

Assess dysfunctional breathing

Symptoms of overbreathing

Overbreathing & mental health

Biofeedback modalities for breathing regulation

Apps for use with respiration biofeedback

Overcome barriers to improvement

Practice Exercise: *Respiration biofeedback*

Thermal Biofeedback: Step-by-Step

Symptoms of vasoconstriction

Thermal biofeedback modalities

Use thermal biofeedback to reduce level of arousal

Teach clients to regulate temperature

Integrate autogenic training & thermal biofeedback

Practice Exercise: *Hand temperature*

Mindfulness & Compassion: Essential Skills for Use with Biofeedback

Strategies to improve client engagement

Promote psychological flexibility and adaptive functioning

Autogenic training: Step-by-step

Cognitively-Based compassion training

Practice Exercise: *Mindfulness & compassion*

Mindfulness-Based Biofeedback Step-by-Step: Boost Clinical Effectiveness by Combining Mindfulness and Biofeedback

Integrate physical, cognitive & emotional well-being

When to use mindfulness-based biofeedback

Assess client nervous system reactivity

Biofeedback-driven goals

"Activate" the parasympathetic nervous system

Help clients explore their values

Take a strengths inventory

Complementary relaxation techniques

Utilize the MBB Cognitive Awareness Log

Biofeedback-assisted body scan

Barriers to mindfulness-based biofeedback
Practice Exercises: *Mindfulness-based biofeedback techniques*

Mindfulness-Based Biofeedback for Skills Development

Choose the best combination of mindfulness practices & biofeedback modalities

What to monitor & when

Take-home worksheet resources

Help clients transition behaviors into habits

Relapse or normal fluctuations in learning?

Client homework: Simple starting points

Practice Exercises: *Use biofeedback for skills development*

Attention & prevention

Distraction

Thought management

Awareness

Problem reconceptualization

Tension reduction

Self-regulation

Mindfulness-Based Biofeedback in Action: Confidently Tailor for Use with Specific Disorders & Special Clinical Populations

PTSD

Anxiety and panic

Depression

Chronic & acute pain

Headaches

Military

Couples

Children

***SAVE by including these products with your seminar registration!**



HeartMath® emWave2

[charcoal gray]

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HOW EMWAVE WORKS: emWave technology collects pulse data through a pulse sensor and translates the information from your heart rhythms into graphics on your computer or into easy to follow lights on the portable emWave2. Used just a few minutes a day, this simple-to-use technology helps you transform feelings of anger, anxiety or frustration into more peace, ease and clarity.

As you practice on the go or at your Windows or Macintosh computer you increase your coherence baseline and your ability to take charge of your emotional reactions. Health, communication, relationships and quality of life improve.

EMWAVE2 FEATURES

- Use emWave2 on the go as a portable training device and store your sessions for later review
- Run a session while at your computer and watch your coherence through real-time charts
- Store all session information on your computer for future comparison and review
- Four challenge levels including a challenging Advanced User mode
- Adjustable brightness of the LED displays and audio feedback
- Make sessions entertaining with the coherence building tools

EMWAVE2 BENEFITS

- Transform your response to stress and quickly rebalance your mind, body and emotions
- Increase your ability to think clearer, be more intuitive, and make better decisions, especially under pressure
- Improve health, increase resilience and well-being; maintain personal balance
- Decrease stress and burnout in chaotic and changing environments
- Maximize creativity and innovation
- Boost performance and overall intelligence

Inner Balance Bluetooth Sensor

Compatible with iPhone and Android

HeartMath®

The Inner Balance technology analyzes and displays our heart rhythm, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting our nervous system. HRV offers a unique window into the quality of communication between the heart and brain, which directly impacts how we feel and perform.

The Inner Balance technology trains us to self-generate a highly efficient physiological state called HRV coherence, which helps us increase emotional composure and clearer reasoning. Recommended by health professionals worldwide, HRV coherence training has been associated with many health and performance benefits. A few minutes of daily coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout.

HeartMath has been a pioneer in HRV research and self-regulation training for over 25 years. Over 250 independent peer-reviewed studies have been published on HeartMath technologies and methodologies.

More info and resources at www.pesi.com/bookstore

Live Seminar Continuing Education 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.

ADDITIONAL 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.

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IDAHO COUNSELORS: This intermediate activity consists of 12.5 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 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 live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

CANADIAN PSYCHOLOGISTS: PESI, Inc. is approved by the Canadian Psychological Association to offer continuing education for psychologists. PESI, Inc. maintains responsibility for the program. This program is approved for 12.5 continuing education hours. Full credit statement at: www.pesi.com/cpa-statement

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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.

WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

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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 both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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2-DAY MINDFULNESS, COMPASSION & BIOFEEDBACK: EVIDENCE-BASED STRATEGIES TO IMPROVE SELF-REGULATION & STRESS REDUCTION IN CLIENTS WITH PTSD, ANXIETY, CHRONIC PAIN, & MORE

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