

## 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

### 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

## Live Seminar Schedule

- 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.

## 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](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.

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# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

WHITE PLAINS, NY  
Wednesday, October 9, 2019

PLAINVIEW, NY  
Thursday, October 10, 2019

MANHATTAN, NY  
Friday, October 11, 2019

# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

Featuring:  
**R. Brian Denton, Psy.D., Ph.D.**

- 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

WHITE PLAINS, NY  
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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.

# 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.

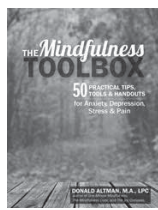
Dr. Denton has published on Mindfulness-Based treatment approaches as the lead author of the chapter "Clinical Uses of Mindfulness" in *Innovations in Clinical Practice*, and as third author of the book "Mindfulness in Clinical Practice", a primer of mindfulness-based treatment approaches. He is an experienced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

Financial: Robert Denton is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Denton is a member of the Association of Contextual Behavioral Science; American Psychological Association; and the Ohio Psychological Association.

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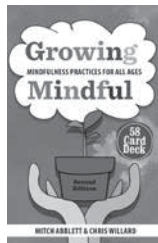


### The Mindfulness Toolbox:

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

## 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](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.

**ADDITION 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.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been submitted to OASAS for review.

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**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**NURSES, NURSE PRACTITIONERS, AND 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.

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**NEW YORK PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**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.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. 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](mailto:info@pesi.com).

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

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