

Mindfulness Certificate Course

2-Day Intensive Training

Attend this in-depth Mindfulness Certificate Course to develop a comprehensive, step-by-step approach to help your clients incorporate mindfulness practices into their daily routine and help you provide greater healing for your clients who suffer from:

- Trauma
- Anxiety disorders
- Depression
- Relationship challenges
- Toxic habits or beliefs

This course will provide you with detailed, hands-on instruction on incorporating mindfulness into your treatment plans for the specific mental health disorders you see in your office each day. Full of structured and experiential exercises, interactive discussions, and case studies, you will take away practical strategies and reproducible handouts that are instantly usable upon your return to the office.

From intervening in the downward spiral of depression and anxiety to cultivating safety and groundedness in traumatized clients, you'll learn the art of applying mindfulness insights, skills and techniques to a variety of clinical populations.

Better still, you'll have the opportunity to practice the application of what you've learned under our instructor's skilled supervision.

Sign up for this certificate course today and leave this transformational experience armed with the skills and tools you need to enhance 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.

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

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

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ROSWELL, GA
Wednesday & Thursday
November 6 & 7, 2019

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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!
- Step-by-step instructions on specific interventions and exercises

Earn your
CERTIFICATE
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Meet Your Speaker

Debra Premashakti Alvis, Ph.D., C-IAYT, is a private practitioner, mindfulness teacher, and therapeutic yoga educator with over 25 years of clinical experience. As a faculty member at the University of Georgia, Debra developed and led the Mind/body program offering mindfulness-based therapies, continuing education, and a clinical training program focused on the integration of contemplative and cognitive approaches. Debra's interest in the intersection of mindfulness and neuroscience led her to study with leading experts Dan Siegel, Rick Hanson, and Bessel van der Kolk.

A thirty-year personal contemplative practice strengthens Debra's work as a clinician and international presenter. In 2005, she was initiated into the Integral Yoga tradition and receives on-going instruction and mentoring in Tibetan Vajrayana meditation and in hatha yoga. Join Debra, a seasoned and engaging presenter, in this experiential seminar. Her wealth of knowledge, research experience, and a deep understanding of the brain/mind/body relationship transform into effective, easily applicable skills for healthcare professionals.

Speaker Disclosures:

Financial: Debra Premashakti Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Premashakti Alvis 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.

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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.

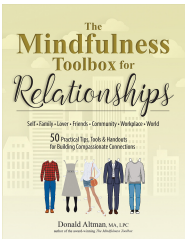
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Just One Thing Card Deck
52 Practices for More Happiness, Love and Wisdom

By Rick Hanson, Ph.D.

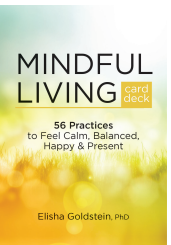
We are so busy these days that it's great to have just one thing to focus on: a simple practice to reflect on and be inspired by that will gradually strengthen your neural pathways of happiness, love, and wisdom. These practices are grounded in brain science, positive psychology, and contemplative training. They're simple and easy to do - and they produce powerful results: bringing you more joy, more fulfilling relationships, and more peace of mind and heart.



The Mindfulness Toolbox for Relationships
50 Practical Tips, Tools & Handouts for Building Compassionate Connections

By Donald Altman, M.A., LPC

Award-winning mindfulness author and expert Donald Altman delivers practical mindfulness tools that relieve stress and enhance daily living. Easy-to-use, detailed handouts offer freedom from old, stuck habits while providing life-affirming strategies for healthy, fulfilling, sustainable connections of all kinds, including relationships with family, friends, community, workplace and the world.



Mindful Living Card Deck:
56 Practices to Feel Calm, Balanced, Happy & Present

By Elisha Goldstein, Ph.D.

At home and at work, science has shown that developing certain simple strengths can significantly improve your mood, relationships, resiliency and quality of life. Why not give it a try? Here are 56 cards that offer simple and easy-to-do daily practices. Integrate them into your life and you can have powerful results and uncover sustainable happiness. Plus-six bonus mindful living meditations to help you relax, focus, grow joy and boost your brain power!

More info and resources at www.pesi.com



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.**

Course Designed Especially for:
Counselors • Social Workers • Psychologists • Marriage and Family Therapists
Occupational Therapists • Addiction Counselors • Case Managers • Therapists
Nurses • Other Mental Health Professionals

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.



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.

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 cpesip@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 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.

Georgia Counselors: 12.5 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

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.

Georgia Marriage & Family Therapists: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

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

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 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. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. 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.

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.

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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