

## Outline

### Mindfulness Core Concepts

Foundational Principles of Mindfulness  
How Mindfulness Fits Within All the Other Approaches  
The Top 5 Core Mindfulness Concepts & Techniques  
Why Mindfulness Isn't the Same as Relaxation

### How Mindfulness Changes the Brain - Neurobiology

Neuroplasticity – Reorganizing the Brain  
The Neurobiological Evidence for Mindfulness in Treatment  
Mindful Brain Changes Seen for Specific Disorders

### Integrate Mindfulness into Your Clinical Practice

Why, How and When to Use Mindfulness in Practice  
Top Strategies to Introduce Mindfulness to Clients  
Building a "Mindful Rapport"  
How to Help Client's Be Able to Process the Internal Reactions  
How to Mix Mindfulness in with Other Clinical Approaches  
Top Strategies to Ensure Clients Adopt Mindfulness Outside of Session  
What To Do When Meditation Doesn't Work for A Client

### Trauma/PTSD

Viewing Mindfulness with a Trauma Lens  
How to Respond to Trauma Arousal  
How to Loosen the Grip on Traumatic Thoughts and Feelings  
Case Study - Lars: 53 yr. Old Extensive History of Childhood Trauma and Abuse, Therapy Hasn't Helped.  
**Experientially led Techniques & Strategies Designed for Trauma**

### Anxiety

How to Respond to an Aroused State of Mind and Body  
How to Defuse the Panic Cycle  
How to Respond to Anxious Thoughts

## Objectives

1. Improve client engagement in treatment with personalized practices associated with mindfulness practice.
2. Effectively communicate the core principles of mindfulness-based approaches and how those skills can help clients observe internal reactions.
3. Integrate well formulated treatment plans for anxiety that incorporate mindfulness techniques to improve outcomes.

### TARGET AUDIENCE

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

Case Study - Mary: 35 Yr. Old High Anxiety, Fertility Difficulties, and Sleep Disturbances/Insomnia

**Experientially led Techniques & Strategies Designed for Anxiety**

### OCD & Compulsive Disorders

How to Increase Awareness of Obsessive Thoughts  
Mindful Actions to Circumvent Compulsions  
How to Change Thought Processes in the Brain  
Case Study - Sally: 42 Year Old Patterns of Binge Eating Disorder and Anxiety

**Experientially led Techniques & Strategies Designed for OCD & Compulsive Disorders**

### Depression & Mood Disorders

Mindful Responding to Depressive Thoughts  
How to Increase Awareness of Mood State  
How to Find Balance and Stabilize Mood  
Case Study - James: 58 yr. Old Post Cancer Treatment, Depressed Mood, Struggles with Feeling Connected to Meaning.

**Experientially led Techniques & Strategies Designed for Depression & Mood Disorders**

### Pain

How to Calm the Brain  
How to Find Acceptance in Pain  
How to Change the Brain's Focus  
Case Study – Maria – Chronic Pain from Connective Tissue Disease, Complications of Mood Disturbance and Pain Avoidance Through Use of Substances.

**Experientially led Techniques & Strategies Designed for Pain**

### Potential Risks & Limitations of Research

#### 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.

4. Understand and implement mindfulness-based principles with a trauma informed lens and articulate the benefits of use in the treatment of posttraumatic stress symptoms.
5. Learn to guide clients with obsessive-compulsive disorder (OCD) and other compulsive behavior disorders on the utilization of mindfulness skills that can facilitate change from stuck thinking patterns and compulsive behavior engagement.
6. Integrate mindfulness interventions into therapy to help clients experiencing depressed mood to effectively respond to unhelpful thought patterns.

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The Ultimate 1-Day Skills Training on Mindfulness!

# Mindfulness-Based Interventions

A Step-by-Step Guide  
for Improving Clinical Outcomes

Advanced Mindfulness Techniques for:

OCD

Trauma

Depression

Pain

Anxiety

Bipolar Disorder

The Ultimate 1-Day Skills Training on Mindfulness!

# Mindfulness-Based Interventions

A Step-by-Step Guide  
for Improving Clinical Outcomes

Register now!  
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# Mindfulness-Based Interventions

## A Step-by-Step Guide for Improving Clinical Outcomes

Mindfulness can truly be a powerful tool when helping clients, however, far too often we use the same common mindfulness techniques for each situation. That approach short changes your client and won't get you the best results. To truly unlock the power of mindfulness, you need to be able to adapt mindfulness techniques to each unique situation in a way that will lead to lasting results.

Attend this workshop and get detailed guidance on the how, why, and when of incorporating core and advanced mindfulness skills into your clinical practice.

You'll walk away knowing how to apply brain-changing mindfulness skills specifically tailored to:

- Trauma/PTSD
- Anxiety
- Depression
- OCD & Compulsive Disorders
- Mood Disorders
- Pain

Sign-up today and get step-by-step instruction on specific interventions you need to treat a variety of disorders and populations!

## 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 Disclosures:

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.

**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.

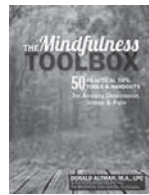
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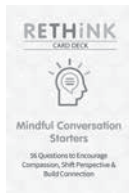
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**The Mindfulness Toolbox:**  
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

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.



**RETHiNK Card Deck Mindful Conversation Starters**  
56 Questions to Encourage Compassion, Shift Perspective & Build Connection

Theo Koffler, Mindfulness Without Borders

Whether you're at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them.

Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.

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

### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

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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.

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**DISTRICT OF COLUMBIA COUNSELORS:** This intermediate activity consists of 6.25 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.

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**PSYCHOLOGISTS:** This live activity consists of 6.25 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.

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MINDFULNESS-BASED INTERVENTIONS: A STEP-BY-STEP GUIDE FOR IMPROVING CLINICAL OUTCOMES

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### ADA NEEDS

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### WALK-INS

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