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 was by far one of the best trainings I have been to…. kept you on the edge of your seat wanting more!"*
> *-- Clinical social worker*

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

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.***



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Thursday & Friday
November 7-8, 2019

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

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Meet Your Speaker

Rochelle Calvert (Voth), Ph.D., CMT, SEP, BCBA-D, is the founder of New Mindful Life. She has studied mindfulness for the past 16 years and has taught classes, courses, workshops, and retreats. Rochelle leads classes/courses/seminars in Six-week Introductory Training in Mindfulness, (S.I.T.), Awake in the Wild- Nature-Based Mindfulness retreats, Mindfulness-Based Stress Reduction (MBSR), Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Eating, Mindful Parenting and Mindful Workplace. She also facilitates professional trainings in mindfulness for clinicians and travels the country teaching seminars for PESI. She also works as clinical psychologist in private practice in San Diego.

Rochelle offers mindfulness, nature-based therapy and somatic experiencing as a psychologist with New Mindful Life. Her therapeutic approach includes teaching people individual mindfulness meditations- both indoors and outdoors- specific to their unique concerns to support healing. She also integrates somatic experiencing healing (body based healing through nervous system reorganization) with the mindfulness and nature based meditation practices. Rochelle has therapeutic specialty areas of training to support integration of these services to individuals struggling with life transitions, depression, anxiety, PTSD, pain conditions, eating disorders, as well as families of developmentally delayed children/adults

Speaker Disclosure:
Financial: Rochelle Calvert is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Rochelle Calvert is a member of the American Psychological Association; and the Association for Behavior Analysis.

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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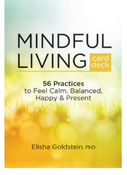


The Mindfulness Toolbox for Relationships

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!



Cognitive Behavioral Therapy & Mindfulness Toolbox

50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, PsyD, MBA, ABPP

Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy -- all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.

More info and resources at **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

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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!

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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.

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SATISFACTION 100% GUARANTEE

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 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.

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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.

OKLAHOMA COUNSELORS: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

OKLAHOMA MARITAL & FAMILY THERAPISTS: PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

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 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.

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.

APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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.

ACE

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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ADA NEEDS
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.pesirehab.com/coord** for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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