

## 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

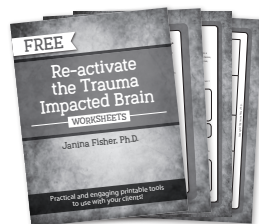
Improve concentration  
Increase task completion  
Reduce hyperactivity

### Pain & Sleep

Accept and embrace the pain  
Calm busy thoughts  
Relax the mind and body  
Fall asleep and stay asleep

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To Help The Traumatized Brain



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# 100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

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## 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:

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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.*



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.

## Objectives

1. Motivate clients to engage in treatment with understandable psychoeducational explanations regarding the research and practices associated with mindfulness.
2. Formulate treatment plans for anxiety that include mindfulness techniques that can be used to regulate the client's arousal state.
3. Integrate mindfulness interventions into therapy that can help depressed clients manage negative thoughts and reduce the risk of relapse.
4. 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).
5. 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.
6. Instruct clients with obsessive-compulsive disorder (OCD) on the utilization of mindfulness skills that can facilitate disengagement from repetitive thoughts.

## Speaker

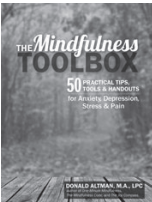
**Rochelle Calvert, Ph.D., B.C.B.A.-D,** is a clinical psychologist and Board Certified Behavior Analyst in private practice in San Diego. Dr. Calvert has studied mindfulness for the past 15 years and offers mindfulness-based therapy to individuals struggling with life transitions, eating disorders, depression, anxiety, PTSD, pain conditions, as well as families of developmentally delayed children/adults. She facilitates professional trainings in mindfulness for clinicians and laypersons and has led classes, workshops, and retreats on Mindfulness-Based Stress Reduction (MBSR), Six-Week Introductory Training in Mindfulness (SIT), Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Eating, Mindful Parenting and the Mindful Workplace. She is a Certified Mindfulness Teacher and received certification through The Mindfulness Training Institute under teachers Mark Coleman and Martin Aylward. Dr. Calvert was previously the professional training director for the University of California San Diego's Center for Mindfulness and earned her Ph.D. in Clinical Psychology from Alliant International University in San Diego.

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.

# 100 Brain-Changing Mindfulness Techniques

to **Integrate Into Your Clinical Practice**

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**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.



**The Self-Compassion Deck: 50 Mindfulness-Based Practices**  
By Tim Desmond, LMFT, Mitch R. Abblett, Ph.D., & Christopher Willard, Psy.D.  
Cultivate kindness & compassion for yourself and others! The Self-Compassion Deck offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindheartedness and gain a deeper appreciation for yourself and your life.

## Questions?

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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](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.*

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**CALIFORNIA COUNSELORS:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This intermediate level activity consists of 6.0 clock hours of continuing education instruction.

**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.

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**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 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**CALIFORNIA SOCIAL WORKERS:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This intermediate level activity consists of 6.0 clock hours of continuing education instruction.

**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.



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