2-Day Experiential Course

from Start to Finish (Mindfulness-Based Cognitive Therapy)

CBT has a long history of helping clients break free from negative thoughts. But have you ever found that the more you challenge your client's thoughts, the worse they get?

The evidence for using mindfulness is also exploding in the clinical research literature. Unfortunately, if used to help clients temporarily feel better, you might be reinforcing avoidance of their thoughts and feelings, making them worse in the long run!

I am often asked how CBT and mindfulness can work together. After all, CBT is all about change, and mindfulness emphasizes acceptance of reality in this moment. The answer is simple: we must accept reality as it is in order to effectively build a life worth living.

With Mindfulness-Based Cognitive Therapy (MBCT), you get the best of both CBT and mindfulness. MBCT is an empirically-validated intervention with decades of research support. The 8 sessions of the formal MBCT protocol is a "boot camp" for clients and clinicians to systematically learn and experience the subtle and sophisticated principles of mindfulness and CBT. The principles can also be easily incorporated into other therapy modalities to synergize the effectiveness of what you are already doing.

However, you cannot leverage the power of these techniques just by reading about them. To provide these interventions effectively for clients, it is imperative to experience it for yourself. Join psychologist and expert mindfulness trainer Dr. Richard Sears for a two-day experiential MBCT workshop. You will experience every mindfulness exercise, CBT principle, and didactic component of the entire program, along with tips for adapting the material into a variety of individual therapy settings.

As an added bonus, programs like MBCT have also been shown to reduce stress and burnout for clinicians! And, when clinicians practice mindfulness for themselves, their clients have better outcomes!

"There is no better way to learn mindfulness and MBCT than to experience it for yourself. Richard Sears has the expertise to immerse you in these concepts and skills to improve your clinical work as well as your own self-care."

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

-Zindel Segal, co-founder of Mindfulness-Based Cognitive Therapy

Outline

Foundations & Principles of MBCT

- Why combine Mindfulness and CBT?
- The evidence for MBCT
- The neurological evidence
- Adaptation and Expansion of CBT Principles
- Limitations of the research and potential risks

Core Techniques of MBCT

- Mindfulness Techniques in MBCT
- o The Body Scan
- o Three-Minute Breathing Space
- o Mindful Stretching techniques
- o Daily Mindfulness techniques
- o Sitting with Difficult feelings
- o Mindful Inquiry The Crucial Step of Processing Post-Exercise
- CBT Practices Applied in MBCT
- o Behavioral experiments, Exposure therapy. The ABC model and thought and feeling records
- o Identifying relapse signatures
- o Relapse prevention plans

STEP-BY-STEP GUIDED EXERCISES **FOLLOWED BY MINDFUL INQUIRY**

The 8 Session MBCT Curriculum

How to Develop Awareness

- Session 1 Stepping out of Auto Pilot Mode o The difference between thinking and experiencing
- o techniques for everyday activities
- Session 2 Realizing the Impact of our "Judging Mind"
- o Incorporating the ABC model for how thoughts and feelings interact
- o Noticing pleasant events and how they affect us
- Session 3 Bringing us to the Present Momen o Mindful breathing and body techniques
- o Notice unpleasant events and how we
- o Exploring and relating differently to uncomfortable experiences

How to Be Present with Our Experiences

- 4 Staying present rather than chasing or ignoring experiences
 - o Techniques to recognize aversions and work through them
- o Conscious choice versus automatic reactions
- Session 5 Accept and Let Things Be o How to recognize and let go of the wasted
- energy of struggling with reality o Exposure practice for moving through difficult experiences

• Session 6 – Realizing Thoughts are Not Facts o The science of how the human brain gives distressing thoughts their power

- o How fighting thoughts can make them
- o Tools for taking the power away from negative thoughts

How to Make Skillful Choices

- Session 7 Self-Care Plans and Avoiding Relapse
- o How daily activities affect mood
- o Catch the early warning signs
- o Activities and exercises to incorporate into daily life
- Session 8 Maintain and Personalize MBCT Practices
- o How to maintain client engagement o Adapting techniques to the client for long term success

MBCT-Based Interventions for:

Trauma

- · Relating differently to intrusive thoughts and feelings
- Memory reconsolidation to reprogram old reactions

Anxiety

- How ruminations and worries are negatively
- Exposure to body sensations to break through the extinction burst
- How to utilize mindfulness even during a panic attack

Chronic Pain

- Tease apart thoughts and reactions from physical pain
- Create a life worth living and bringing the pain along for the ride

Stress

- How long-term stress affects short-term crises
- Harness the energy of the stress response

Depression

- How daily activities can cause mood to plummet
- Disrupting the downward thought and mood spiral

Substance Abuse

- Urge surfing "riding the waves" versus
- Chain analysis find and change the causes of relapse

Children & Adolescents

- Recognize choice points
- The snow globe analogy for working with swirling thoughts





2-Day Experiential Course



from Start to Finish

(Mindfulness-Based Cognitive Therapy)



Featuring Richard Sears Psy.D., Ph.D., ABPP National Speaker, Author and Expert on Mindfulness and MBCT

FAIRFAX, VA

Thursday & Friday January 30 & 31, 2020

LIVE VIDEO WEBCAST

Thursday & Friday January 30 & 31, 2020

2-Day Experiential Course

from Start to Finish

(Mindfulness-Based Cognitive Therapy)

MBCT-Based Interventions for:

Trauma, Anxiety, Chronic Pain, Stress, Depression, Substance Abuse, Children & Adolescents



Featuring Richard Sears Psy.D., Ph.D., ABPP National Speaker, Author and Expert on Mindfulness and MBCT

FAIRFAX, VA Thursday & Friday

January 30 & 31, 2020

LIVE VIDEO WEBCAST

Thursday & Friday January 30 & 31, 2020



A Non-Profit Organization Connecting Knowledge with Need Since 1979

Meet Your Speaker

Richard Sears, Psy.D., Ph.D., MBA, ABPP, is a licensed psychologist in Cincinnati, Ohio, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), runs a private psychology and consultation practice, and is the director of the Center for Clinical Mindfulness & Meditation. He is also clinical assistant professor at Wright State University School of Professional Psychology, clinical/research faculty at the UC Center for Integrative Health and Wellness, volunteer professor of psychiatry & behavioral neurosciences at the UC College of Medicine, and a research/psychologist contractor with the Cincinnati VA Medical Center.

His most recent books include: Cognitive Behavioral Therapy & Mindfulness Toolbox (PESI, 2017); Mindfulness: Living Through Challenges and Enriching Your Life in this Moment (Wiley-Blackwell); Perspectives on Spirituality and Religion in Psychotherapy (PR Press, 2014); Building Competence in Mindfulness-Based Cognitive Therapy (Routledge, 2015); and Mindfulness-Based Cognitive Therapy for PTSD (Wiley-Blackwell, 2016). Dr. Sears is lead author of Mindfulness in Clinical Practice (PR Press, 2011) and Consultation Skills for Mental Health Professionals (Wiley, 2005).

Dr. Sears is a fifth-degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama with his teacher, Stephen K. Hayes. He has studied the Eastern Wisdom traditions for over 30 years, receiving ordination in three traditions, and has been given transmission as a Zen master.

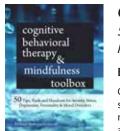
Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc

Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

Objectives

- 1. Compile the underlying mechanisms that make mindfulness techniques effective for stress, depression, anxiety, trauma, pain and addiction.
- 2. Breakdown the role of thoughts in perpetuating symptoms of stress, anxiety, and depression as it relates to ruminating thoughts and behaviors in clients
- 3. Describe the brain changes associated with mindfulness practice to explain to clients the scientific effectiveness of practicing mindfulness.
- 4. Connect how mindfulness builds upon and refines the evidence-based principles of Cognitive-Behavioral Therapy (CBT).
- 5. Incorporate mindfulness practices into traditional CBT thought records to help alleviate clients of intrusive, obsessive compulsive thoughts.
- 6. Utilize specific mindfulness-based techniques to help clients disengage from the narrative of negative thoughts and emotions.
- 7. Organize the eight session structure used MBCT program in your own clinical setting.
- 8. Differentiate between the group process in MBCT vs. CBT to avoid clients' cycles of struggling with distressing thoughts and feelings.
- 9. Practice guiding a client through a 3-minute mindfulness exercise to improve the consistency of conscious choices rather than automatic reactions when distressed.
- 10. Explore the use of decentering skills with a client, in a session, in the reduction of worry and ruminations.
- 11. Apply the three steps of the mindful inquiry process, after the mindfulness exercise is over, to help clients more quickly internalize the skills and attitudes that allows them let go of struggle and make conscious choices.
- 12. Adapt the MBCT curriculum to different client populations, including children, as it relates to treatment considerations.

Save by including these products with registration!



Cognitive Behavioral Therapy & Mindfulness Toolbox

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

By Richard Sears, PsyD, MBA, ABPP

your presenter!

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.



Building Competence in Mindfulness-Based Cognitive Therapy:

Transcripts and Insights for Working With Stress, Anxiety, Depression, and Other Problems

By Richard Sears, Psy.D., Ph.D., MBA, ABPP

our presenter!

This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the



Cognitive Behavioral Therapy Worksheets

65+ Ready-to-Use CBT Worksheets to Motivate Change, Practice New Behaviors & Regulate Emotion

By Lawrence E. Shapiro, Ph.D.

65+ Ready-to-Use CBT worksheets that you can reproduce and use immediately with your clients.

With step-by-step directions and therapeutic explanations for each worksheet, these simple, yet effective tools give clients more clarity, meaning, and beneficial feedback, plus tracks progress in a concrete way. Help clients get the most out of therapy by adapting these tools to their specific needs,

More info and resources at www.pesi.com

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 30-31, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything y need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit; www.pesi.com/webcast/76496

Target Audience

- Counselors
- Social Workers
- Psychologists
- Case Managers
- Addiction Counselors
- Marriage and Family Therapists

Occupational Therapists

- Psychotherapists
- Nurses
- Other Mental Health Professionals

"Richard Sears shares his wisdom and experience by providing a complete 8-week course of MBCT. Whether you're an experienced provider or a novice, you'll love seeing how Dr. Sears does this. When it resembles how you do it, you'll feel validated. When it's different, you'll appreciate the fresh ideas."

-Ruth Baer, Ph.D., author of *The Practicing Happiness* Workbook and Mindfulness-based Treatment Approaches

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 ilindblad@pesi.com or call 715-855-5234.

Course & Webcast Schedule (each day)

(Times listed in Eastern)

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!

Call 800-844-8260

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.

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.

Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After nttendance has been verified, pre-registered attendees will receive an email fron 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 ful 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 completior reflectina 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 modalitie 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

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

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

Maryland Counselors: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to

Virginia Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determin if they accept programs or providers approved by other national or state program to participants who are in full attendance and who complete the

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per tate 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 (ork 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 15.0 contact hours. Full attendance is required; no partial credits will be offered

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

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 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

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.

Pennsylvania Psychologists: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider #PSY000211. PESI maintains responsibility for the program(s). This program qualifies for 12.5 continuing education hours

Social Workers: PESI, Inc., #1062, is approved to offer social ACE 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 continueducation credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Worker npleting 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

Other Professions: This activity qualifies for 760 minutes of instructiona 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



How to Register 2-Day Experiential Course: MBCT From Start to Finish

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

ONLINE pesi.com/express/76378		Please complete entire form (to notify you of seminar changes): please print; staple duplicate forms.	
		Mail Code:	_ See mail code box on address panel on reverse sid
DUONE		Name	Profession
PHONE	800-844-8260 Please have credit card available	Employer Name	
		Employer Address	
		Dept/Floor/Suite	
FAX	800-554-9775	City	County
		State	_ Zip
MAIL	PESI, Inc. PO Box 1000	Home/Cell Ph ()	
	Fau Claire WI	Dent Ph ()	

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check Attendance Option nake copy for your records)

FAIRFAX, VA

54702-1000

Hilton Garden Inn Fairfax 3950 Fair Ridge Dr • 22033 (703) 385-7774

January 30 & 31, 2020

LIVE VIDEO WEBCAST PLW76378

Broadcast LIVE to your computer

■ January 30 & 31, 2020

Register now! pesi.com/express/76378

ADA NEEDS Ve would be happy to accommodate your ADA needs: please call at least tw eeks prior to the seminar date. WALK-INS alk-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. • 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 reaistration required.

 \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description or call our Customer Service Dept. at 800-844-8260

Groups of 10 or more: Call 800-844-8260 for discounts.

Discounted Student Rate: As part of its mission to serve educational nee PESI. Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Advance registration required.

Check Tuition:

ON-SUTE TUITION with seminar manual Early Bird Tuition

two or more people registering together. Standard Tuition \$499.99 per person

Add-On Products Distributed at seminar—FREE SHIPPING ■ \$29.99* Cognitive Behavioral Therapy & Mindfulness

\$439.99 per person (postmarked 3 weeks prior to event) -or- for

Toolbox book

■ \$44.99* Building Competence in Mindfulness-Based Cognitive Therapy book

\$26.99* Cognitive Behavioral Therapy Worksheets

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

\$439.99 registration (+ tax in HI, NM) 4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. ☐ Check enclosed payable to **PESI, Inc.**

Card Exp._ _ V-Code #*:_

Signature (*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR? See below for individual product order

2-Day Experiential Course: MBCT From Start to Finish ____ Seminar on DVD* (video) \$439.99 (RNV055540)

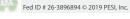
__ Seminar on CD* (audio) \$439.99 (RNA055540) Cognitive Behavioral Therapy & Mindfulness Toolbox

book*\$29.99 (PUB085015) **Building Competence in Mindfulness-Based Cognitive** Therapy book* \$44.95 (SAM084165)

Cognitive Behavioral Therapy Worksheets* \$26.99 (PUB086040)

E hours and approvals on products ay differ from live CE approvals. Shipping is \$6.95 first item + \$2.00

*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR



*Shipping

Subtotal

**Tax

TOTAL