

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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 **THURSDAY
February 20, 2020**

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Live Seminar & Webcast Schedule

(Times listed in Pacific)

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 self-study package on the subject (CE credits 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 Digital Format:

You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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.**



100 Brain-Changing Mindfulness Techniques

to Integrate Into Your Clinical Practice

SANTA ROSA, CA
Wednesday, February 19, 2020

LIVE VIDEO WEBCAST
Thursday, February 20, 2020

OAKLAND, CA
Thursday, February 20, 2020

SAN JOSE, CA
Friday, February 21, 2020

 **PESI®**
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- Become more effective in treating anxiety, depression, ADHD, OCD, sleep and pain by incorporating mindfulness skills with evidence-based treatments
- First session strategies for anxiety - calm your clients with mindfulness interventions you can teach on their very first day of treatment!
- Implement a 4-step process to integrate mindfulness into your practice

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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.

Questions?

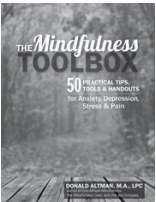
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The Mindfulness Toolbox:
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain
By Donald Altman MA, LPC

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.



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 kindness and gain a deeper appreciation for yourself and your life.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 20, 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 you 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 \$49.99 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/77266

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 cesupport@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 6.0 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.

California Alcoholism & Drug Abuse Counselors: PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: OS-03-036-1019. This activity meets the qualifications for 6.0 CEH's (continuing education hours).

Counselors: This intermediate 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, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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/licensees/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.

California Marriage & Family Therapists: 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/licensees/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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 6.3 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 6.0 contact hours or .6 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.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PE010. 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.

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 6.25 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.

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/licensees/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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We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

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Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

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