

# 2-Day Intensive Mindfulness Training Course

Attend this in-depth Mindfulness Training 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 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 mindfulness training 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.

"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

## 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

FREE  
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To Help The Traumatized Brain



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# 2-Day Intensive Mindfulness Training Course

The Ultimate Intensive 2-Day Skills  
Training on Mindfulness!

SCOTTSDALE, AZ • Thursday & Friday, February 20 & 21, 2020

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# 2-Day Intensive Mindfulness Training Course

The Ultimate Intensive 2-Day Skills  
Training on Mindfulness!

- Master the core skills of clinical mindfulness
- Mindfulness for trauma, anxiety, depression, stress, sex and more!
- Step-by-step instructions on specific interventions and exercises

SCOTTSDALE, AZ  
Thursday & Friday  
February 20 & 21, 2020

 PESI®  
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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.



# Meet Your Speaker

**Richard Sears, Psy.D., PhD, 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); *Building Competence in Mindfulness-Based Cognitive Therapy* (Routledge); and *Mindfulness-Based Cognitive Therapy for PTSD* (Wiley-Blackwell). Dr. Sears is lead author of *Mindfulness in Clinical Practice* (PR Press) and *Consultation Skills for Mental Health Professionals* (Wiley).

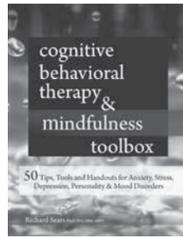
Dr. Sears is a fifth-degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama with his teacher, Stephen K. Hayes. He has studied the Eastern Wisdom traditions for over 30 years, receiving ordination in three traditions, and has been given transmission as a Zen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

**Speaker Disclosure:**  
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. Analyze how clear psychoeducational descriptions of the relationship between mindfulness, neurobiology, and common disorders can be used to motivate clients to engage in treatment.
2. Appraise 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. Assess 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. Demonstrate 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. Assess the clinical impact of research regarding the effects of mindfulness based practices on the neuropsychological aspects of trauma.
9. Evaluate the clinical implications of research regarding the association between mindfulness and relationship satisfaction and outcomes.
10. Investigate how barriers to implementing mindfulness can be overcome using informal techniques clients can incorporate into their daily lives.
11. Determine how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
12. Appraise the importance of the connection between therapist and client in contributing to positive clinical outcomes, and evaluate how mindfulness may enhance the therapeutic relationship.

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, Psy.D., Ph.D., MBA, ABPP **your presenter!**

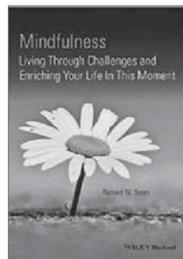
Cognitive Behavioral Therapy (CBT) has been an effective intervention for decades, but few clinicians have discovered the powerful treatment results of combining CBT with Mindfulness. Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly 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 **your 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 MBCT protocol.



## Mindfulness: Living Through Challenges and Enriching Your Life In This Moment

By Richard Sears, Psy.D., Ph.D., MBA, ABPP **your presenter!**

*Mindfulness: Living Through Challenges and Enriching Your Life In This Moment* shows how the ancient practice of mindfulness can help us live a fuller and more enriching life.

**More info and resources at [www.pesi.com](http://www.pesi.com)**

## Course Designed Especially for

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

**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 [jlindblad@pesi.com](mailto:jlindblad@pesi.com) or call 715-855-5234.

## Questions?

Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## 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 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](http://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.

**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 \$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 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 [cepsi@pesi.com](mailto:cepsi@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.

**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.

**Arizona 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 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.

**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.

## Psychologists & Psychiatrists:

### Psychiatrists

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.

### Psychologists

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. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize your continuing education credit.

**Arizona Psychologists:** This activity consists of 760 minutes of continuing education instruction and is designed to meet the requirements of the Arizona Board of Psychologist Examiners. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

**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.

**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.



# REGISTRATION FORM

## 2-DAY INTENSIVE MINDFULNESS TRAINING COURSE

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**1 Please complete entire form if sending by mail** *please print legibly*

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**\*Required for event updates**

**2 Select Location** (make copy for your records)

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**3 Select Tuition**

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

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## ADA NEEDS

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

## SAME DAY REGISTRATION

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.*

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) for details.

## QUESTIONS

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## OTHER WAYS TO REGISTER

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