

## 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

### Live Seminar & Webcast Schedule

(Times listed in Mountain)

**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  
Psychiatrists  
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](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.

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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## 100 Brain-Changing Mindfulness Techniques to Integrate Into Your Clinical Practice

**BOULDER, CO**  
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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?

Visit [pesi.com/faq](http://pesi.com/faq) or e-mail us at [info@pesi.com](mailto:info@pesi.com)

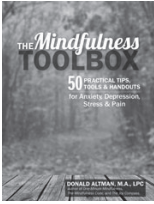
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The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at [nrate@pesi.com](mailto:nrate@pesi.com) or call 715-855-5291.

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

### Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on July 13, 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/78103](http://www.pesi.com/webcast/78103)

### 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.*

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**Addition 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.

**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.

**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.

**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.

**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 6.0 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 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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.

**Colorado Social Workers:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

**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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3

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☐ **\$16.99\*** *The Self-Compassion Deck* (PUB084780)

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**WEBCAST** with downloadable seminar manual

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