

2-Day Intensive Mindfulness Training Course

Join in for this in-depth Mindfulness Training Course to develop a comprehensive, step-by-step approach to help your clients incorporate brain-changing mindfulness practices into their daily routine.

Learn to utilize concrete strategies that will help you provide greater healing for your clients who suffer from:

- Trauma
- Anxiety disorders
- Depression
- Relationship challenges
- Toxic habits or beliefs

You will learn effective clinical techniques from Terry Fralich, LCPC, who has utilized mindfulness in his clinical practice for over two decades and trained mental health professionals on mindfulness both nationally and internationally. From his experience with the Dalai Lama and Jon Kabat-Zinn he will teach you how to master the art of applying mindfulness insights, skills and techniques to a variety of clinical populations. Join him for this transformational experience as he reveals the latest advances in mindfulness and neuroscience to get you the skills you need to succeed!

Full of structured and experiential exercises, interactive discussions, and case studies, you will take away practical mindfulness strategies you can immediately integrate into your practice. And the included reproducible handouts are instantly usable upon your return to the office.

Leave this training course armed with tools you can use in 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

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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2-Day Intensive Mindfulness Training Course

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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

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Meet Your Speaker

Terry Fralich, LCPC, is a co-founder of the Mindfulness Retreat Center of Maine and former Adjunct Faculty Member of the University of Southern Maine Graduate School. He has led more than 400 seminars, trainings and retreats at the Center, at Omega Institute, Kripalu Center for Yoga and Health, both nationally and internationally. His expertise consists of mindfulness, neuroscience, CBT, brain change, emotional intelligence, stress reduction, meditation and the treatment of anxiety and depression. He has been teaching transformative mindfulness skills and practices for 20 years and has pursued his own practice of mindfulness and meditation for 40 years.

Terry studied extensively with His Holiness the Dalai Lama for 25 years and with some of the American pioneers of mindfulness, including Jon Kabat-Zinn and John Welwood. His first book, *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness*, was cited as one of “the 12 essential books on mindfulness.” His second book, *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*, presents his clear and unique approach to mindfulness practice as a powerful force for healthy change in our everyday lives. Prior to becoming a mindfulness therapist, academic and author, Terry was an attorney who practiced law in New York City, Los Angeles and Portland, Maine.

Speaker Disclosure:
Financial: Terry Fralich is in private practice. He receives a speaking honorarium from PESI, Inc. Non-financial: Terry Fralich has no relevant non-financial relationship to disclose.

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.

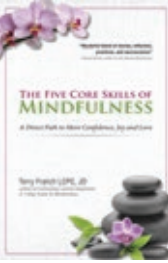
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Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness, 2nd Edition

By Terry Fralich, LCPC - **Your Speaker!**

Cultivating Lasting Happiness is the definitive practical guide to understanding mindfulness and integrating it into your life. Terry Fralich has created a path for developing the awareness and skills to minimize suffering and maximize positive states - all to enhance well being. Includes, case examples, exercises, meditations and practice guides.



The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love

By Terry Fralich, LCPC - **Your Speaker!**

Unlike general definitions and concepts of mindfulness, Five Core Skills describes in clear language a skill-based and integrated practice you can use right away to reduce stress, minimize suffering and enhance life.

With the insights, exercises and meditations in Part One, all the resources are there to experience the peace of living more mindfully. In Part Two, author Terry Fralich draws on his 35 years of experience with personal essays about mindfulness in the context of nature, relationships, sex and service ... sharing the magic and miracles fully revealed with mindfulness practice over time.



Reflect Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. Reflect taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.

More info and resources at www.pesi.com

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 27-28, 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 \$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/78106

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 Nicole Rate at nrate@pesi.com or 715-855-5291.

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 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.

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 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 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 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.

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 their state board.

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.

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 & Physicians: 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 for continuing education credit.

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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ADA NEEDS

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.

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.

- **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.*
- **\$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, 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 (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS
Visit pesi.com/fag or contact us at pesi.com/info

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