

# Outline

## Mindfulness and the Clinician:

### "Know What You Teach" and "Teach What You Know"

Empirical support for improved symptomology and well-being

The latest research on therapists who practice mindfulness  
Your mindfulness practice and how you can embody mindfulness

Situations that may contraindicate applying mindfulness in session

Research limitations

## Mindfulness Psychoeducation Approaches:

### Easy to Use Strategies to Enhance Motivation in Therapy

Mindfulness vocabulary

Visuals and metaphors to explain mindfulness

Motivate clients with neuroplasticity

## Deepen the Therapeutic Relationship:

### Build Presence, Trust and Empathetic Connection with Clients

Overcoming barriers

Affect regulation techniques for therapist and client

Strategies to create empathetic connection

Exercises to build clients trust in themselves

## Teach Mindfulness to Clients:

### Formal and Informal Mindfulness Practices

Tips for teaching clients about the senses and awareness

Strategies to shift from "Automatic Pilot"

Skill building interventions to increase responsiveness & reduce reactivity

Strategies to cultivate attunement

Approaches for deepened experience of mindfulness

Brief and other informal practices

How to adapt practices to special populations

## Group Therapy vs. Individual Sessions

Effectiveness of group vs. individual mindfulness

How to set up and conduct a mindfulness group

- Screening for individual goodness of fit

- Encouraging client buy-in and commitment to practice

Mindfulness interventions specifically designed for groups

## Anxiety and Stress:

### Mindfulness Interventions to Relax the Body and Mind

Breathing practices that break the rumination cycle

Guided visualizations to lower the stress response

Movement strategies

Multi-sensory regulation techniques

Mindfully reduce the intensity of panic attacks

## Mindfulness for Trauma:

### Disempower Intrusive Thoughts

Muscle tension releasing – exercises to counter fight or flight

Guided meditations to disempower intrusive thoughts

Grounding exercises and sample scripts

## Using Mindfulness in Depression Treatment

Recognize self-criticism and respond with self-love

Manage negative self-talk with awareness of thoughts

Meditations to boost well-being

## Mindfulness for Addictions: Break the Habit Loop

Awareness vs. autopilot -- relapse prevention

Mindfulness for triggers

Emotional regulation for cravings

## Mindful Anger: Breathing and Self-Soothing Techniques

Breathe through anger

Distraction and grounding techniques

Self-soothe with calming words and imagery

## Mindfulness, Diversity, & Cultural Humility

Adapt mindfulness experiences with cultural sensitivity

Assess appropriateness of mindfulness interventions for individuals

Negotiate the treatment plan

## Mindfully Conquer Compassion Fatigue

Right here/right now – stay in the moment to reduce anxieties

Effective and healthy ways to manage your emotions

Change limiting stories about caring for yourself

Release the negative – 3 steps to countering negativity bias



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## Live Online Certification Training

### 2-Day Intensive Training

# Mindfulness Certification Course

**BECOME A CERTIFIED MINDFULNESS-INFORMED CLINICIAN - LEVEL 1 (CMC-1)!**

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*This seminar meets ALL requirements to become a Certified Mindfulness-Informed Clinician (CMC) through Evergreen Certifications!*

Professional standards apply, see [evergreencertifications.com/cmc1](http://evergreencertifications.com/cmc1) for full certification details.

- Upgrade your skills, knowledge and professional qualifications
- Mindfulness practices for clients facing anxiety, trauma, depression, and more

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Wednesday & Thursday, November 11 & 12, 2020

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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### 2-Day Intensive Training

# Mindfulness Certification Course

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### Live Webcast Schedule (both days) (Times listed in Pacific)

**8:00** Program begins

**11:50-1:00** Lunch Break

**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 • Marriage and Family Therapists  
Addiction Counselors • Case Managers • School Counselors • Nurses • Other Mental Health Professionals

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)

# 2-Day Intensive Training Mindfulness Certification Course

This 2-day Certification training is your chance to become a **Certified Mindfulness-Informed Clinician - Level 1 (CMC-1)** and get the skills and guidance you need to successfully incorporate mindfulness practices into your treatment plans!

And unlike other Mindfulness Certification programs that are too expensive, too time consuming, and require extensive travel, this live webcast training is completely within your reach!

**Dr. Debra Alvis is a clinical psychologist and expert on mindfulness** who developed the Mind/Body Program at the University of Georgia. Dr. Alvis lectures and leads retreats around the world and **her trainings have helped thousands of clinicians to integrate the richness of Mindfulness into therapy for greater clinical effectiveness.**

Join her for this 2-day intensive live online training and get:

- How-to instruction on using mindfulness-based exercises with clients working through stress, anxiety, trauma, depression, anger, and addiction
- Specific guidance on using mindfulness with individuals and groups
- Feedback and tips on how you can strengthen your personal mindfulness practice

**Sign up today**, enhance your clinical practice, and fundamentally improve the lives of your clients as a Certified Mindfulness-Informed Clinician - Level 1 (CMC-1)!

## BONUS!!!

**The registration fee includes the cost of certification.** There's no hidden charges, no additional costs. Just complete this training. When you finish, you'll get simple instructions on how you can easily apply to become certified as a Certified Mindfulness-Informed Clinician - Level 1 (CMC-1) at no additional cost to you. (visit [evergreencertifications.com/cmc1](http://evergreencertifications.com/cmc1) for full details and certification requirements).

## Meet Your Speaker

**Debra Premashakti Alvis, Ph.D.**, a licensed psychologist, developed the Mind/Body Program at the University of Georgia providing clinician training on the integration of mindfulness and contemplative practices into psychotherapy. Her work as a professor at the University of Georgia included the supervision of doctoral students and co-leading a research team investigating mindfulness.

In addition to teaching, Dr. Alvis maintains a private practice and has more than 25 years of clinical experience in treating clients with a variety of conditions by combining mindfulness principles, body-oriented principles and traditional psychotherapeutic approaches. She also has an over 30-year personal contemplative practice.

Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of mindfulness, neuroscience and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.

### Speaker Disclosures:

Financial: Debra Premashakti Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Premashakti Alvis has no relevant non-financial relationship to disclose.



**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 live webcast, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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*Attendees will receive electronic documentation of CMC certification from Evergreen Certifications 4 to 6 weeks following the program. Professional standards apply. Visit [evergreencertifications.com](http://evergreencertifications.com) for answers to frequently asked questions.*

*\* Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification.*

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**Marriage and Family Therapists** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, ND, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

**Nurses** – All States

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.



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**Social Workers** – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WY

**For specific credit approvals and details, visit [pesi.com/webcast/83909](http://pesi.com/webcast/83909)**

To inquire about credit in other states or home study credit, please contact [cesipi@pesi.com](mailto:cesipi@pesi.com) or 800-844-8260 before the event.



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\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

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