

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

Learning Objectives can be viewed at  
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LIVE Interactive Webcast  
Wednesday & Thursday, December 2 & 3, 2020  
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BECOME A CERTIFIED MINDFULNESS-INFORMED CLINICIAN - LEVEL 1 (CMC-1)! Earn your CERTIFICATION Today!

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

Professional standards apply, see evergreencertifications.com/cmc1 for full certification details.

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- Mindfulness practices for clients facing anxiety, trauma, depression, and more

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Live Webcast Schedule (both days)  
(Times listed in Eastern)

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



# 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

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Mindfulness-Informed Clinician – Level 1 (CMC-1)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of using mindfulness in counselling. Professional standards apply. Visit [www.evergreencertifications.com/cmc1](http://www.evergreencertifications.com/cmc1) for details.

**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)!

## 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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*Visit [www.evergreencertifications.com/cmc1](http://www.evergreencertifications.com/cmc1) for professional requirements.*

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### National Approvals

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