

Outline

Reduce Stress with Mindful Coping Skills

Educate the client about the impact of stress

Practice makes perfect – transform the stress response

Exercises:

Strengthen awareness of the stress response

Shifting to relaxation response: cultivate a foundation of groundedness, settledness, and ease

Mindful transitions

Treatment limitations, risks and research

Manage Depression and Anxiety with Mindfulness Techniques That Work

The downward spiral and the brain's default mode

Cultivate motivation and action

Witness the anxious mind

Get unstuck from anxious rumination

Exercise:

Self-regulation practices for anxiety

Live Webinar Schedule

(Times listed in Central)

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.

Mindfulness as the Antidote to Anger

Understand the sources of anger

The body's anger response

Identify early signs of the anger forest fire

Clarify the practice: What am I trying to remember?

Exercise:

Rehearsal of the Stop-Breathe-Reflect-Choose practice

Calm the Traumatized Brain

Proceed with caution – avoid retriggering and retraumatizing

Retrain the dysregulated nervous system

Cultivate safety

Exercises:

Grounding techniques

Breathing techniques

Positive visualization

Transform the Inner Critic:

Mindfully Deal with Guilt and Shame

Identifying primary core negative belief

Cultivating a healthy and true vision of self

Exercises:

The protective quality of mantras

Exercises that promote self-forgiveness

Objectives

- Assess neurological processes and how mindfulness can be used to increase client's motivation.
- Determine how mindfulness practices can be used to shift clients to a relaxation response.
- Integrate mindfulness interventions into your treatment plans to counter automatic patterns of negative thoughts.
- Demonstrate how mindfulness and breathing techniques can be practiced in-session to increase emotion regulation.
- Analyze the neurobiology of the traumatized brain and implement grounding techniques and breathing exercises.
- Appraise the clinical utility of mindfulness-based therapies in regulating shame and guilt.



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15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS:

SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS,
DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME

LIVE Interactive Webinar

Monday, February 22, 2021

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15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS:

SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS,
DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME

Presented by, **Terry Fralich**, LCPC

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

Over 20 years of clinical mindfulness practice refined into insights and exercises you can apply to the specific disorders and life-problems you see in your clients each day!

- ✓ “Go-to” techniques immediately applicable to your clinical practice
- ✓ Evidence-based skills to reduce stress, ease anxiety, manage depression and calm the traumatized brain
- ✓ Mindfully deal with guilt and shame – transform the inner critic
- ✓ Address toxic anger and reduce the body's anger response
- ✓ Guidance, interactive demonstrations, and step-by-step instruction

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15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS

From depression and anxiety to stress and trauma, mindfulness has demonstrated its ability to help reduce suffering. With all its benefits, mindfulness is now widely used in clinical practice. There are literally hundreds of mindfulness interventions available to clinicians. But with so many to choose from, how do you know which to use? **How do you decide on your “go-to” techniques?**

Terry Fralich has studied extensively with His Holiness the Dalai Lama and with some of the American pioneers in the mindfulness field. With more than 20 years teaching mindfulness and using mindfulness techniques in his clinical practice, **Terry has distilled the sea of available techniques into the essential hands-on mindfulness skills and exercises you need to treat your clients.**

Join Terry, and learn to effectively use 15 mindfulness practices you can incorporate into your treatment plans for depression, anxiety, stress, and trauma. Terry will guide you through the specific exercises that he’s found most capable in shifting clients away from stress responses, intervening in the downward spiral of depression and anxiety, and cultivating safety and groundedness in traumatized clients. In addition, he’ll give you detailed instruction on his top mindfulness interventions to help your clients properly deal with guilt and shame and empower them to manage their anger and toxic emotions.

Enhance your clinical practice with mindfulness skills that work!

Target Audience:

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



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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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Psychologists, Physicians, and Social Workers**

For specific credit approvals and details, visit www.pesi.com/webcast/84353

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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). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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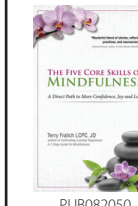
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Recommended Reading:



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

Terry Fralich, LCPC

~~\$19.99~~ **\$14.99***

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The Mindfulness Toolbox
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

Donald Altman MA, LPC

~~\$29.99~~ **\$19.99***

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