

## Seminar Outline

### Neuroscience and Practices Specific to Anxiety and Trauma Treatment

Neuroplasticity—your brain's ability to organize and learn

The triune brain

Primary emotional motivators

Polyvagal nerve theory and clinical applications

Negativity bias of your brain

Savoring the good and affiliation system of the brain

### Social Brain: Causes and Conditions

Accessing beneficial memories

Default mode network, salience network and central executive network of the brain

Window of tolerance psychoeducation and clinical applications

### EMOTIONAL STABILIZATION SKILLS—THE FIRST TASK IN TRAUMA TREATMENT

Importance of including the body in stabilization

Body scan and sensory input for stabilization

Mindful breathing practices

Emotional Freedom Technique

Practice leading mindful breathing exercises and simple movement

Clinical examples of emotional stabilization skills

### Mindfulness-Based Interventions

Confronting Trauma-Based Negative Thoughts

Nonjudgmental observing of thoughts

Naming— write thoughts down

Recognize, distance and dis-identify from narrative of self-identity

Relate to the voice of the inner critic with mindful compassion and redirection

Address negative thoughts regarding chronic pain

Nourishing wholesome thoughts to undo thought patterns of trauma – repetition and concentration

Habit tendencies and neuronal pathways

Clinical examples of relating to thoughts therapeutically

### Alleviating Distressing Emotions

Approach, not avoid, emotions safely with mindfulness

Be there for grief

Comfort pose and self-love mantra

Emotional Freedom Technique for client self-care

Clinical examples of treating distress with mercy

### Increasing Self-Compassion and Emotional Resilience for Trauma and Anxiety Resolution

Recognize the power of inner voices

Mindfulness interventions for developing self-compassion

Who has seen your goodness? – restoring trust

Teachers of compassion

The voice of the inner friend

Three-part self-compassion note

Offering loving kindness to any inner aspect that feels not deserving

Compassion for the inner critic

Clinical examples of utilizing self-compassion

### Treating Trauma-Based Shame

Repair unworthiness with mindfulness-based interventions

Impact of shame on the brain – default network and pain system

The physiology of shame

Differentiate among shame, defiance, and noble posture

Narrative of unworthiness

Create a new narrative of self

Clinical examples of treating unworthiness and shame

**Learning Objectives can be viewed at [pesi.com/webcast/84604](http://pesi.com/webcast/84604)**

### Live Retreat Schedule - All four days (Times listed in Eastern)

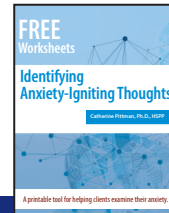
**1:00** Program begins

**4:30** Program ends

There will be one 15-min break.  
A more detailed schedule is available upon request.

### FREE WORKSHEETS!

### Identifying Anxiety-Igniting Thoughts



Get yours today at [www.pesi.com/ccatpworksheets](http://www.pesi.com/ccatpworksheets)

### Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

## Live Online Retreat!

# 2021 Mindfulness and Body/Mind Approaches for Clinical Practice

Facing the Challenges of a Post-COVID World



Mary NurrieStearns, MSW, LCSW, C-IAYT  
Rick NurrieStearns



## Live Online Retreat!

# 2021 Mindfulness and Body/Mind Approaches for Clinical Practice

Facing the Challenges of a Post-COVID World

**Live Interactive Online Retreat!**  
**March 23-26, 2021, 1:00-4:30 pm Eastern**

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



**REGISTER NOW:** [pesi.com/webcast/84604](http://pesi.com/webcast/84604)



**REGISTER NOW:** [pesi.com/webcast/84604](http://pesi.com/webcast/84604)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

## Live Interactive Online Retreat!

**March 23-26, 2021, 1:00-4:30 pm Eastern**

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



## 2021 Mindfulness and Body/Mind Approaches for Clinical Practice

As we left 2020 behind, healing professionals the world over will be challenged to help clients cope in the coming post-COVID world. It's our duty to prepare with latest science, therapeutic techniques, and to show up whole ourselves.

It's what we trained for and what we've aspired to over many years.

Join clinician, author, mindfulness and meditation authority, **Mary NurrieStearns, MSW, LCSW, C-IAYT**, along with **Rick NurriesStearns**, an experienced retreat leader, in this **on-line retreat for a unique training that combines lecture, research and experiential skill building, including how to guide body/mind movement in groups to build cohesion and to teach emotional regulation skills.**

Learn evidence-based techniques that empower your clients as they navigate the increased challenges and intensities associated with the pandemic. Listen to clinical examples and practice "good for the brain" techniques that increase emotional regulation skills, decrease shame, cultivate self-acceptance and instill healthy thought patterns; skills that are needed even more during daunting times. Practice body/mind approaches, specific mindfulness skills and self-compassion techniques to strengthen your existing treatment modalities and your therapeutic presence.

Mary and Rick NurrieStearns have over 70 years of combined experience in mindfulness practices and body/mind healing. They are **experts at showing clinicians like you how to empower clients to:**

- Apply body/mind and mindfulness techniques to reduce anxiety, depression, shame, grief, chronic pain, and/or unworthiness.
- Use self-compassion to make dramatic therapeutic changes.
- Access beneficial memories to increase optimism and personal strength
- Incorporate mindfulness strategies to stay in the moment to soothe distressing emotions and relieve old trauma patterns.
- Apply body/mind interventions to calm the nervous system, as well as increase body and present moment awareness
- Cultivate an inner best friend to mitigate shame and decrease self-blame
- Strengthen relationships and increase authenticity.

Delve into basic neuroscience psychoeducation, evidence-based mind-body interventions, and mindfulness and self-compassion techniques that are invaluable for treating trauma, shame, depression, and anxiety.

You will take away accessible clinical skills for safely approaching trauma, body/mind interventions for anxiety, self-compassion practices for healing unworthiness and grief, brain psychoeducation to reduce shame, and mindfulness interventions for thoughts associated with trauma, depression, pain, and shame.

Sign up today! Set your clients on a pathway of recovery, resilience and overall well-being



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-844-8260 and we will make it right.

**Questions?** 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).

**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 **Claire Zelasko** at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call **715-855-8194**.

## Meet Your Speaker

**Mary NurrieStearns, MSW, LCSW, C-IAYT, E-RYT 500**, is a licensed clinical social worker with four decades of professional experience. She maintains a counseling practice in Tulsa, Oklahoma with a specialty in treating adults with histories of childhood trauma. She has 30 years of training in mindfulness, is a certified trauma-informed yoga therapist, and has trained in clinical applications of Emotional Freedom Technique. Mary is author of numerous articles on psycho-spiritual growth, co-author of *Yoga for Anxiety, Yoga for Emotional Trauma, Yoga Mind, Peaceful Mind* and co-editor of *Soulful Living*. She is the author of the book, *Healing Anxiety, Depression and Unworthiness: 78 Brain-changing Mindfulness and Yoga Practice* (2018). Mary teaches seminars to mental health professionals across the USA and along with her husband, conducts retreats on the transformative, mind-body healing practices of yoga and meditation. She credits mindfulness-based practices for significant healing in her own life.

Speaker Disclosure:

**Rick NurrieStearns** has co-led transformational retreats for 14 years. He has been immersed in consciousness studies, meditation and mindfulness practices for four decades. For 20 years, he was involved in publishing transformational books and magazines. He was the publisher of *Lotus and Personal Transformation* magazines, and co-author of the books *Soulful Living, Yoga for Anxiety, Yoga for Emotional Trauma* and *Yoga Mind, Peaceful Mind*. He is a long time mindfulness student of Thich Nhat Hanh and a member of the Order of Interbeing. Rick experiences chronic pain from an airplane crash and suffered from a tick borne disease. He relies on mindfulness practices for healing and has learned that you can cultivate happiness and inner peace even when you are hurting.

Speaker Disclosure:

To view the full bios, visit [www.pesi.com/webcast/84604](http://www.pesi.com/webcast/84604)

### Target Audience:

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

**PESI Offers Group Discounts!** To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!

### 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, Psychologists, Social Workers**

For specific credit approvals and details, visit [pesi.com/webcast/84604](http://pesi.com/webcast/84604)

**National CE Credit Approvals For Live Webinar**  
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.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84604>.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84372>.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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, 2020 - January 27, 2023. Social Workers completing this course receive 13.0 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.

This activity is pending approval from the National Association of Social Workers.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*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.

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

Earn up to  
**13.0 CE**  
Hours for one  
low price!

## SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/84604](http://pesi.com/webcast/84604)**

### Live Interactive Webinar (Option 1)

**March 23-26, 2021** [PWZ84603]

**\$399.99** tuition

1pm Eastern time

**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$399.99** [POS057700]

**Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate  
CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability.

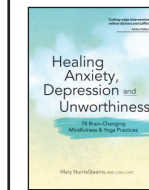
### DVD (Option 3)

**\$399.99** [RNV057700]

**DVD Experience:**

- Self-study CE certificate available  
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability and pricing

### Recommended Reading:



PUB085500

**Healing Anxiety, Depression and Unworthiness**  
*78 Brain-Changing Mindfulness & Yoga Practices*

By Mary Nurriestearns, MSW, LCSW, RYT

~~\$24.99~~ **\$19.99\***



PUB084265

**Daily Meditations for Healing and Happiness**  
*52 Card Deck*

By Mary Nurriestearns, MSW, LCSW, RYT

~~\$17.95~~ **\$12.99\***

**\* Discount Included with purchase of the Webinar**

### OTHER WAYS TO REGISTER

**Phone: 800-844-8260**

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-844-8260

### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

