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 pesi.com/webcast/85488

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.

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

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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 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)!

Target Audience:

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Mental Health Professionals



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- **No hidden fees – PESI pays for your application fee (a $99 value)*!**
- **Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Mindfulness-Informed Clinician – Level 1 through Evergreen Certifications is complete.***

*Attendees will receive documentation of CMC-1 designation from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply.*

Visit www.evergreencertifications.com/cmc1 for professional 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.

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

To view the full bio, visit www.pesi.com/webcast/85488

CE CREDITS AVAILABLE FOR LIVE WEBCAST

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

For specific credit approvals and details, visit pesi.com/webcast/85488

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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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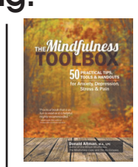
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Recommended Reading:



The Self-Compassion Deck
50 Mindfulness-Based Practices
Tim Desmond, LMFT,
Mitch R. Abblett, Ph.D., &
Christopher Willard, Psy.D.
~~$16.99~~ **$12.99***
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The Mindfulness Toolbox
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain
Donald Altman MA, LPC
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