

# 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/86453](http://pesi.com/webcast/86453)

### Live Webinar Schedule - both days (Times listed in Central)

8:00 Program begins

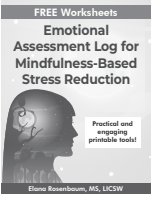
11:50-1:00 Lunch Break

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.

## FREE Worksheet

### Emotional Assessment Log for Mindfulness-Based Stress Reduction



Get yours today at [pesi.com/1422worksheet](http://pesi.com/1422worksheet)

## Group Training Solutions Made Easy!

- ONLINE or in-person
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## 2-Day Intensive Training

# Mindfulness Certification Course

## LIVE Interactive Webinar

Tuesday & Wednesday, January 11 & 12, 2022

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



REGISTER NOW:  
[pesi.com/webcast/86453](http://pesi.com/webcast/86453)

## Live Online Certification Training

## 2-Day Intensive Training

# Mindfulness Certification Course

## BECOME A CERTIFIED MINDFULNESS-INFORMED PROFESSIONAL (CMIP)!

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

Professional standards apply, visit [evergreencertifications.com/cmip](http://evergreencertifications.com/cmip) 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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REGISTER NOW:  
[pesi.com/webcast/86453](http://pesi.com/webcast/86453)



## 2-Day Intensive Training

# Mindfulness Certification Course

This 2-day Certification training is your chance to become a **Certified Mindfulness-Informed Professional (CMIP)**!

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 Professional (CMIP)** 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/cmp](http://www.evergreencertifications.com/cmp) for details.

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

### Target Audience:

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



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## CERTIFICATION MADE SIMPLE!

**EVERGREEN**  
CERTIFICATIONS

- 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 Professional through Evergreen Certifications is complete.\*

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

*Visit [www.evergreencertifications.com/cmip](http://www.evergreencertifications.com/cmip) 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/86453](http://www.pesi.com/webcast/86453)

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [www.pesi.com/webcast/86453](http://www.pesi.com/webcast/86453)

### 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 accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.

This program is Approved by the National Association of Social Workers (Approval #886759332-1125) for 12.0 Social Work continuing education contact hours.



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 12.5 Clinical 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.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 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.

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## Live Interactive Webinar (Option 1)

**January 11 & 12, 2022** [PWZ86452]

**\$439.99** tuition

8am Central 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*

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## On-Demand Digital Seminar (Option 2)

**\$439.99** [POS056515]

**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 800-726-3888 to check for availability.

## DVD (Option 3)

**\$439.99** [RNV056515]

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## Recommended Reading:



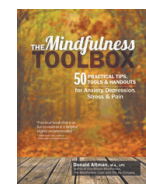
### The Self-Compassion Deck

50 Mindfulness-Based Practices

Tim Desmond, LMFT,  
Mitch R. Abbett, Ph.D., &  
Christopher Willard, Psy.D.

~~\$16.99~~ **\$12.99\***

PUB084780



### The Mindfulness Toolbox

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

Donald Altman MA, LPC

~~\$29.99~~ **\$22.99\***

PUB082210

*\* Discount Included with purchase of the Webinar*

## OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

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 800-726-3888

## 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)

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Taxes and shipping apply where applicable, see website for details

