## **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

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/87650

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

(Times listed in Mountain) **8:00** Program begins

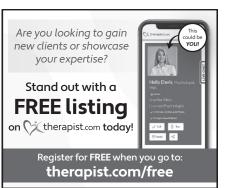
11:50-1:00 Lunch Break

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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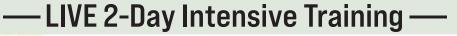


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Dr. Debra Alvis is a clinical psychologist and expert on mindfulness who developed the Mind/Body Program at the University of Georgia. Dr. Alvis lectures and leads retreats around the world and her trainings have helped thousands of clinicians to integrate 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
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## **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 maintains a private practice and has employment relationships with the University of Georgia, PSIvet, Mountain Area Health Education Center, Twin Lakes Recovery Center, and Ridgeview Institute. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Debra Alvis has no relevant non-financial relationships.

To view the full bio, visit www.pesi.com/webcast/87650

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This program is Approved by the National Association of Social Workers (Approval # 886759332-3449) for 12.5 Social Work continuing education contact hours.

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## Here's What People Like You Are Saying After Taking This Course!



"Dr. Debra Alvis was well organized in presenting the subject matter; her level of expertise was evident. She provided a nurturing and respectful presence as she fielded questions and interacted. I would definitely recommend her to other colleagues."

- Samantha Reynolds



"She was so warm, helpful, and inviting, also very knowledgeable about the topic. I loved it." Angel Bunton



"Dr. Alvis pulled together a wealth of information and presented it in an engaging and pleasant way. Thank you so much!"

- Corey Reed

#### **OTHER WAYS TO REGISTER**

Phone: 800-726-3888

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\*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

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