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

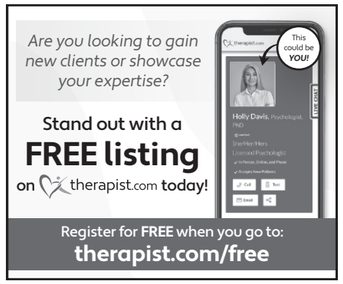
Mindful Anger: *Breathing and Self-Soothing Techniques*
Breathe through anger
Distraction and grounding techniques
Self-soothe with calming words and imagery

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/88759

Live Webinar 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.



Here's what you'll get...
- ✓ Up to 12.5 CE hours
- ✓ Access to the live webinar/ digital seminar
- ✓ Mindfulness techniques for treating trauma, anxiety, depression and MORE!
- ✓ FREE certification

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 2-Day Intensive Training

Mindfulness Certification Course

LIMITED TIME OFFER - MORE THAN 50% OFF!
~~$439.99~~ **$199.99**
Use code MCC - Offer Ends April 18, 2023

Earn up to 12.5 CE hours for one low price!

LIVE Interactive Webinar
Tuesday & Wednesday, April 18 & 19, 2023

Digital Seminar - Learn On Demand!
Register now to get immediate access to the self-study course and learn at your own pace!

LIVE 2-Day Intensive Training

Mindfulness Certification Course

LIMITED TIME OFFER - MORE THAN 50% OFF!
~~$439.99~~ **$199.99**
Use code MCC - Offer Ends April 18, 2023

Earn up to 12.5 CE hours for one low price!

LIVE Interactive Webinar
Tuesday & Wednesday, April 18 & 19, 2023

Become a Certified Mindfulness-Informed Professional (CMIP)

This training covers all educational requirements and fees ***with no additional certification costs to you!*** *See details inside.*

PESI® www.pesi.com
REGISTER NOW:
pesi.com/webcast/88759

PESI® www.pesi.com
Go to pesi.com/webcast/88759
For the exclusive $199.99 price

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
- all for **over 50% off!**

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/CMIP for details.

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

BONUS!

This limited time offer includes your certification fee - $99.99 value!

There's no hidden charges, no additional costs. Just complete this training. When you finish, you'll get simple instructions on how you can easily apply to become certified at no additional cost to you.

(Professional standards apply. Visit www.evergreencertifications.com/CMIP for full details and certification requirements)



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 or 800-726-3888 and we will make it right.

Group Training Solutions Made Easy! www.pesi.com/inhouse

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

Questions? Visit our FAQ page at **www.pesi.com/faq** or contact us at **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 **Adrienne Baggs** at **abaggs@pesi.com** or call **850-570-3395.**

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/88759

Target Audience:

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

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at pesi.com/info!

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. 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 # 886759332-3449) for 12.5 Social Work continuing education contact hours.

ACE approved continuing education

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.

Earn up to 12.5 CE Hours for one low price!

Self-study credit: To check availability for your profession, go to 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.

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

For all credit approvals and details, visit: **www.pesi.com/webcast/88759**

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/88759

Live Interactive Webinar *(Option 1)*

LIMITED TIME OFFER!
SAVE over $200!
Register online - Use code MCC

April 18 & 19, 2023 PWZ88758
(Prices below reflect the $240 savings)
~~$439.99~~ **$199.99** tuition
8am 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 to save for groups of 5 or more

On-Demand Digital Seminar *(Option 2)*

~~$439.99~~ **$199.99** 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 or call 800-726-3888 to check for availability.

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
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 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 or contact us at pesi.com/info

TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

GREEN BUSINESS Eau Claire Area

©2023