

# 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/89089](https://pesi.com/webcast/89089)**

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

**8:00** Program begins

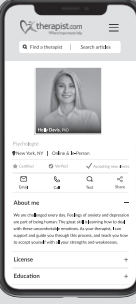
**11:50-1:00** Lunch Break

**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.  
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**Tuesday & Wednesday, June 13 & 14, 2023**



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

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## 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](http://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)!

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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, PSLvet, 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/89089](http://www.pesi.com/webcast/89089)

### Target Audience:

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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.



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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.



ASWB 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, 2023 - January 27, 2026. 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.

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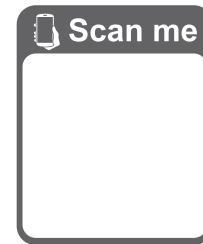
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### Here's What People Like You Are Saying After Taking This Course!

★★★★★

*"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