

Mindfulness - Based Stress Reduction

Is your client caught up in chaos, anxious thoughts, overwhelming depression or stress?

Your client comes to you to help them make progress and meaningful change in their life, but nothing seems to be working.

Take action today and help your client get their life back.

Jon Kabat-Zinn's Mindfulness-Based Stress Reduction (MBSR) is the treatment approach that will transform your clients' lives and your practice.

Don't wait to join all the professionals across the country embracing this proven and much-applauded approach. **Join Mindfulness expert and MBSR teacher Hugh Byrne**, and learn how MBSR can:

- Move the client from reactivity to responsiveness
- Shift the client from habits of negative perception to meaning and sense of agency
- Overcome anxiety, depression, pain and stress related symptoms
- Dramatically improve physical, mental and emotional conditions
- Increase resiliency and well-being
- Strengthen self-regulation and stabilize attention & focus

Reserve your seat today at the seminar that is taking the seminar-world by storm!!



Speaker

HUGH BYRNE, Ph.D., is a guiding meditation teacher with the Insight Meditation Community of Washington. He has practiced meditation for 30 years and been teaching mindfulness meditation since 2000. He completed a four-year meditation teacher training program led by Jack Kornfield, Joseph Goldstein at the two major insight meditation centers in the U.S. Hugh is trained in and teaches mindfulness-based stress reduction and completed a three-year training in Somatic Experiencing, a mind-body approach to healing trauma. He has a law degree from London University and a Ph.D. from UCLA. He teaches retreats, and workshops in the United States and internationally and is the author of *The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All*.


Speaker Disclosure:

Financial: Hugh Byrne is cofounder of Meditation Teacher Training Institute (MTTI). He is an author for New Harbinger Publications and receives royalties. Dr. Byrne receives a speaking honorarium from PESI, Inc.

Non-financial: Hugh Byrne has no relevant non-financial relationship to disclose.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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Friday, October 13, 2017


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Mindfulness - Based Stress Reduction

Learn MBSR skills as developed by
Jon Kabat-Zinn!

- Give your clients the skills to live in the present, and put stress and pain behind them!
- What is your passion as a therapist? Explore, rediscover & transform lives starting NOW!

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