# <u> Mindfulness</u> -**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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Dr. Dan Siegel 1.5 CE HOUR

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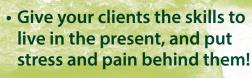
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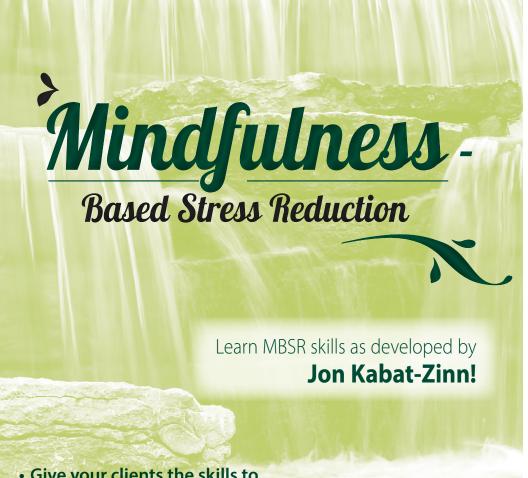
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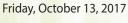
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#### **Foundational Principles of MBSR**

History of Mindfulness-Based Stress Reduction Theoretical Foundation for MBSR The Psycho-Educational Format of MBSR **Ethical and Moral Principles** The Mind/Body Connection MBSR as Adjunct to Medicine and Psychotherapy

### The MBSR Curriculum—Goals and Objectives

Core Skills in MBSR Clarifying, Setting and Reaffirming Intention **Cultivating a Witnessing Awareness** Stabilizing Attention Strengthening Self-Regulation Stress Management and Symptom Control **Affect Regulation** Cultivating Loving-Kindness and Acceptance Use of Homework

### **Establishing and Communicating** Mindfulness in MBSR

Formal Mindfulness Practices in MBSR: The BodyScan Sitting Meditation Mindful Movement/Yoga Walking Meditation Sensory Awareness Loving-Kindness Meditation

Informal Mindfulness Practices in MBSR Incorporating Mindfulness into Daily Activities Establishing Mindfulness Cues for Daily Life Use of S.T.O.P.

The Three Minute Breathing Space

Communication Tools in MBSR Inter-Personal Mindfulness Verbal and Non-Verbal Communication Akido

The Process of Inquiry

#### **Clinical Issues in MBSR**

**Benefits and Contraindications** Overcoming Anxiety Working with Depression, Negative Cognitions and Ruminations

Working with Pain and Stress-Related **Symptoms** 

Working with Addictions: Affect Regulation and Impulse Control

Interface with Psychotherapy Adaptations to Client-Specific Settings, Populations and Conditions

#### **Evidence-Based Research on MBSR**

**Effect on Physical Conditions Effect on Mental Functioning and Conditions** Effect on Emotional Functioning and Conditions Neuroscience Research - Effect of MBSR

#### **Live Seminar Schedule**

on the Brain

7:30 Registration/Morning Coffee & Tea 8:00 Program begins 11:50-1:00 Lunch (on your own)

4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

TARGET AUDIENCE Counselors • Social Workers • Psychologists • Psychotherapists • Case Managers • Marriage & Family Therapists Therapists • Nurses • Addiction Counselors • Occupational Therapists • Other Mental Health Professionals

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## **Objectives**

- 1. Characterize the foundational principles of Mindfulness Based Stress Reduction (MBSR)
- 2. Communicate the essential components of the MBSR curriculum.
- 3. Design for the client a guided instruction in Mindfulness Meditation Practices.
- 4. Recommend group dialogue and mindful communication exercises to enhance awareness in daily life.
- 5. Critique the evidence-based research in MBSR including the latest studies in neuroscience – the effect of meditation on the brain.
- 6. Evaluate the six basic competencies needed for a mindfulness-based teacher of stress reduction.

Have a seminar idea? A manuscript to publish? he nation's top speakers and authors contact PESI first. If you are interested oming a speaker or have a new topic idea, please contact **Claire Zelask**o at czelasko@pesi.com or call 715-855-8194.

#### \*SAVE by including these products with seminar registration!



#### The Here and Now Habit

By Hugh G. Byrne, Ph.D. -Your Presenter & Tara Brach, Ph.D.

Bad habits can take a hefty toll on your health and happiness. In The Here-and-Now Habit, mindfulness expert Hugh Byrne provides powerful practices based in mindfulness and neuroscience to help you rewire your brain and finally break the habits that are holding you back from a meaningful life.



#### The Mindfulness Toolbox

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

#### By Donald Altman, MA, LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.



### **Growing Mindful Card Ceck**

#### By Mitch R. Abblett, Ph.D. & Christopher Willard, Psy.D.

Teaching and incorporating mindfulness into your home, classroom and therapy sessions is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



PESI Inc. is proud to offer this seminar free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

#### **Live Seminar Continuing Education Credit Information**

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for ful. CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board). allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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

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ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553 PESI Inc. is responsible for all aspects of their programming Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receiv from the activity and contact your state board or organization to determine specific

GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

SOUTH CAROLINA COUNSELORS, MARRIAGE & FAMILY THERAPISTS AND PSYCHO-EDUCATIONAL SPECIALISTS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educationa Specialists. Provider #4540.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing regi

GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Ćredit pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets he criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc., is an ved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. his activity qualifies for 6.25 contact hours.

FLORIDA NURSES: PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 6.0 contact hours.

#### OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA

CONTROL By The ved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in

e Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate

FLORIDA OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: ESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice Provider Number: 50-399 This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker

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FLORIDA BOARD OF PSYCHOLOGY: PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number BAP #77. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE)  $Program.\ PESI, Inc.\ maintains\ responsibility\ for\ the\ program.\ ASWB\ Approval\ Period:$ January 27, 2017 - January 27, 2020, Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation

FLORIDA SOCIAL WORKERS/MARRIAGE & FAMILY THERAPISTS/MENTAL HEALTH COUNSELORS: PESI, Inc., is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, Provider Number BAP #77. This course qualifies for 6.25 continuing education credits. Please make sure to bring your license number to the seminar so that we can report you attendance to CE Broker.

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