

OUTLINE

**Neuroscience of the Mind-Body Unity**

- Your responsive nervous system: Neuroplasticity and neurogenesis, and how to activate the brain for change
- Mind-body link: How the mind changes the body and the body changes the mind to transform
- Networks of interaction and influence: Mirror neurons and attachment
- How yoga breathing, mindfulness, and meditation bring balance and wellbeing to dysregulated nervous system and a troubled mind

**Mindfulness and Yoga as an Evidenced-Based Clinical Intervention:**

**A Holistic, Mind/Body Approach**

- Unifying by intention: One with your true being in mind, body, and spirit
  - Top-down: Harness the healing power of thought
  - Bottom-up: Use the body and the breath to activate the vagus nerve for calm and balance
  - Horizontal: Cross modalities and hemispheres to work around defenses and elicit new potentials

**Find Courage from Anxiety, Fear, and Panic**

- Turn from fearful anticipation of the future to the mindful present
- Quickly reduce heightened anxiety with moving meditations
- Breathing to reverse the fight, flight, freeze stress response
- Reset the nervous system to find a calm, confident balance

**Posttraumatic Growth: A Journey to Transform Trauma**

- Convert implicit memories from the source of pain to a resource for strength
- Create an internal safe sanctuary
- Meditative breathing to develop self-regulation and inner control
- Resonate with inner strength: Mantra and posture practice
- Elicit the brain's natural capacity to heal through the mind-body link
- Nurture compassion for self and others

**The Path from Depression**

- Reconnect the disconnect between frontal and limbic areas in depression to stop unproductive ruminations
- Four-Step method to observe and detach from negative thoughts that elicit depression
- Develop non-judgmental awareness
- Breathing and body meditations to balance energy
- Leave the past by living in the present moment
- Mindful attuning to your radiant deeper nature
- Gratitude meditations to nurture a positive life

**Rewire the Compromised Reward Pathway in Addiction**

- Detach from drugs
- Go beyond pleasure and pain
- Soothe with comfort practices
- Mindful acceptance
- Develop a healthy and wise inner compass
- Find joy from life itself in the present moment

Questions? Call customer service at **800-844-8260**

**FREE  
- CE -**

**Shame Shields**

**BRENÉ BROWN, Ph.D.**  
1 CE HOUR

**HURRY** OFFER EXPIRES November 15, 2017

**www.pesi.com/brown-shame**



**SCAN HERE TO SHOP OUR HOT DVD DEALS!**  
 Training brought right to you  
[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO 32729

PESI  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc

**Yoga & Mindfulness Therapy**

Mind-Brain Change for Anxiety, Moods, Trauma and Substance Abuse

|   |   |  |
|---|---|--|
| <b>WOBURN, MA</b><br>Wednesday<br>December 13, 2017                                     | <b>WALTHAM, MA</b><br>Thursday<br>December 14, 2017 | <b>DEDHAM, MA</b><br>Friday<br>December 15, 2017 |
| <b>REGISTER NOW! <a href="http://pesi.com/express/58416">pesi.com/express/58416</a></b> |   |  |

**Yoga & Mindfulness Therapy**

Mind-Brain Change for Anxiety, Moods, Trauma and Substance Abuse


**Featuring**  
**Expert Mindfulness Teacher and Therapeutic Yoga Educator,**  
**Michele D. Ribeiro, EdD, CGP**

Simple yet effective yoga and mindfulness techniques as clinical interventions for anxiety, moods, trauma and substance abuse

Neuroscience meets ancient mind-body wisdom to help heal:

- Anxiety
- Addiction
- Moods
- Trauma

|   |   |  |
|---|---|--|
| <b>WOBURN, MA</b><br>Wednesday<br>December 13, 2017 | <b>WALTHAM, MA</b><br>Thursday<br>December 14, 2017 | <b>DEDHAM, MA</b><br>Friday<br>December 15, 2017 |
|---|---|--|

 [www.pesi.com](http://www.pesi.com)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW!**  
[pesi.com/express/58416](http://pesi.com/express/58416)

# Yoga & Mindfulness Therap

Yoga and mindfulness are based in the idea that you can cultivate a healthy, happy life by intention, using mind-body meditative methods. Recent neuroscience research indicates that these evidence-based practices change the brain in ways that help overcome anxiety, depression, trauma, and substance abuse. Learn an integrative approach to mind, body, spirit healing using the natural, built-in capacity to think, sense, move, and feel in the present moment. Practice interventions with Michele D. Ribeiro, EdD, CGP, experienced yoga and mindfulness teacher, clinician and researcher. Learn how to help your clients regulate their emotions, clarify their thinking, and lessen physical discomforts. Deepen the therapeutic relationship as you awaken your healing presence and empower yourself and your clients to make better choices. You will come away from the seminar with a clear understanding of the neuroscience behind these practices, a profound experience for yourself, and new techniques and protocols for your therapy sessions to improve client outcomes.

## OBJECTIVES

1. Incorporate simple yoga and mindfulness practices that can be used as clinical skills.
2. Incorporate breathing interventions/practices to help reduce anxiety and depression.
3. Practice body awareness techniques to help stabilize your client with trauma, anxiety, depression and substance abuse.
4. Teach clients how to practice self-compassion using mindfulness techniques.
5. Develop a four-step meditation to aid in affirming positive thoughts and decreasing negative ruminations.
6. Analyze the neuroscience of anxiety, trauma and depression and how it impacts your clinical work.

## SPEAKER

**Michele D. Ribeiro, EdD, CGP**, is a Licensed Psychologist, Certified Group Psychotherapist, Certified Yoga Instructor and a Children/Teens Meditation Course Teacher. She has been applying mindful awareness as a therapist and teaching mindfulness as a skill to clients presenting with depression, anxiety, ADHD, trauma, eating disorders and addiction issues for over 20 years.

Dr. Ribeiro began her yoga studies in 1997 and completed advanced yoga training in India at numerous yoga centers and ashrams including the Indian Yoga Institute, Prashanti Kuteeram in Bangalore, the Yoga Study Center in Rishikesh, the Ramamani Iyengar Memorial Yoga Institute in Pune, India and at the Iyengar Yoga Center of New York in NYC. She has written on mindfulness for the Group Psychologist Newsletter and assisted with editing journal articles on yoga and ALS in the *Journal of Alternative and Complementary Medicine*.

Dr. Ribeiro has a private consulting practice, works as a psychologist and instructor at Oregon State University and is co-owner of the Iyengar Yoga Center of the Willamette Valley in Corvallis, OR. She has taught yoga, mindfulness practices, and biofeedback at various universities, schools, and conferences throughout the United States and abroad while working as a psychologist for Semester at Sea. She serves on the planning committee to create a new Yoga Certification Program, is on the steering committee for expanding Contemplative Studies and is co-leading the development of a new Mindful Living and Learning Community all at Oregon State University.

### Speaker Disclosure:

Financial: Michele Ribeiro is in private practice. She receives a speaking honorarium from PESI, Inc.

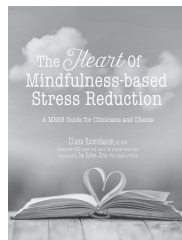
Non-financial: Michele Ribeiro is a member of the American Group Psychotherapy Association.

### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

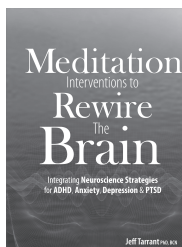


### The Heart of Mindfulness-based Stress Reduction

A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness.



### Meditation Interventions to Rewire the Brain

Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD

By Jeff Tarrant, PH.D., BCIA-EEG, BCN

Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.

**Seminar on CD or DVD 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](http://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.

### Target Audience

Social Workers • Counselors • Psychologists • Marriage and Family Therapists • Addiction Counselors  
Psychotherapists • Case Managers • Other Medical Professionals • Nurse Practitioners • Nurses

### 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 Teresa Fisher at [tfisher@pesi.com](mailto:tfisher@pesi.com) or call (715) 855-8214.

## 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 full 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 credit for breaks or lunch.*

*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](mailto: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 practice in accordance with and in compliance with your professions standards.*

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

**ADDITIONAL 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 receive from the activity and contact your state board or organization to determine specific filing requirements.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

**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 requirements.

**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This course has been submitted for review for continuing education approval. Credit is pending.

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

This activity qualifies for 6.25 contact hours.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**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](http://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.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

YOGA AND MINDFULNESS THERAPY: MIND-BRAIN CHANGE FOR ANXIETY, MOODS, TRAUMA AND SUBSTANCE ABUSE

### ONLINE

[pesi.com/express/58416](http://pesi.com/express/58416)

### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

PESI  
PO BOX 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

**For your convenience, confirmations are sent via email.**

**2 Check location:** *(make copy of locations)*

**WOBURN, MA**

**December 13, 2017**

Crowne Plaza Boston Woburn

15 Middlesex Canal Park Road • 01801

(781) 935-8760

**WALTHAM, MA**

**December 14, 2017**

The Conference Center At Bentley University

175 Forest Street, Lacava Building • 02452

(781) 891-2273

**DEDHAM, MA**

**December 15, 2017**

Holiday Inn Boston/Dedham

55 Ariadne Road • 02026

(781) 329-1000

## REGISTER NOW!

[pesi.com/express/58416](http://pesi.com/express/58416)

### ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### Tuition Options:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details.

**Advance registration required.**

FOR OFFICE USE ONLY TF  
Fed ID # 26-3896894  
© 2017 PESI, Inc.

Cannot be combined with other discounts.

PLEASE RETURN ENTIRE REGISTRATION FORM

**3 Check tuition:**

**TUITION WITH SEMINAR MANUAL**

**\$199.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$219.99** standard

**ADD-ON PRODUCTS**

Distributed at seminar—FREE SHIPPING!

**\$24.99\*** *The Heart of Mindfulness-based Stress Reduction* book

**\$29.99\*** *Meditation Interventions to Rewire the Brain* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

**Yoga and Mindfulness: Mind-Brain Change for Anxiety, Moods, Trauma and Substance Abuse**

\_\_\_ Seminar on DVD\* (video) \$199.99 (RNV049540)

\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA049540)

\_\_\_ **The Heart of Mindfulness-based Stress Reduction** book\*  
\$24.99 (PUB084875)

\_\_\_ **Meditation Interventions to Rewire the Brain**\* \$29.99  
(PUB085030)

\*Shipping is \$6.95 first item + \$2.00 each add'l item. Product total \$ \_\_\_\_\_

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Subtotal \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
TOTAL \_\_\_\_\_