

## Outline

### Neuroscience of the Mind-body Unity

Neuroplasticity – making therapeutic changes  
Triune brain and emotional motivation systems  
Negativity bias of the brain  
Mindfulness for savoring goodness  
Epigenetics, social brain and psychoeducation

### Mindfulness and Yoga as Evidence-Based Clinical Interventions: A Holistic, Mind/Body Approach

Brain Processing  
Mindfulness is Relationship  
2 Wings of Mindfulness  
Healing is Compassionate Relationship

### Find Courage from Anxiety, Panic and Fear

Turn from fearful anticipation of future to present moment  
Quickly reduce heightened anxiety with moving meditations  
Breathing to reduce flight/fight/freeze stress response  
Yoga practice for anxiety

### Posttraumatic Growth: A Journey to Transform Trauma

Stage 1 and stage 2 healing  
Emotional regulation skills  
Strengthen mind's capacity to concentrate, observe and choose  
Approaching suffering in ways that heal  
Cultivate an inner sanctuary  
Healing shame and unworthiness  
Relating to the inner critic  
Nurture compassion for self to aid therapy goals  
Mantras for comfort  
Chanting and songs to calm body and enjoy present moment  
Yoga practice for emotional trauma

### The Path from Depression

Four step method to observe and detach from thoughts that elicit depression  
Develop nonjudgmental observing  
"Naming" thoughts – Leave thoughts of the past behind  
Ways to focus on present moment  
Yoga practice for depression

### QUESTIONS?

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

## Objectives

1. Teach simple yoga and mindfulness practices to your clients for better treatment outcomes.
2. Incorporate breathing interventions/practices to help reduce anxiety and depression.
3. Evaluate body awareness techniques that stabilize your client's emotions.
4. Teach clients self-compassion techniques to help regulate their emotions.
5. Develop processes for reducing rumination and negative thinking with your clients.
6. Analyze the neuroscience of anxiety, trauma and depression and how it impacts your clinical work.

★ **Satisfaction 100% Guaranteed** ★

### Live Seminar & Webcast Schedule (Time listed in Eastern)

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

### 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 Scott Simpson at [ssimpson@pesi.com](mailto:ssimpson@pesi.com) or call 715-855-5263.

### 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.

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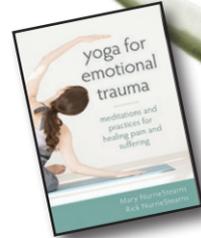
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# Yoga & Mindfulness

Clinical Interventions for Anxiety, Depression and Trauma



Featuring **Mary NurrieStearns, MSW, LCSW, C-IAYT**  
author of *Yoga for Emotional Trauma*

**Winchester, VA**  
Wednesday  
January 30, 2019

**Hagerstown, MD**  
Thursday  
January 31, 2019

**Harrisburg, PA**  
Friday  
February 1, 2019

**Live Video Webcast**  
Friday  
February 1, 2019

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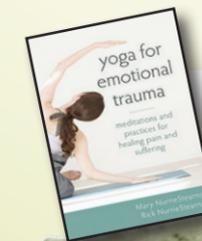
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# Yoga & Mindfulness

Clinical Interventions for Anxiety, Depression and Trauma

- Simple yet powerful yoga techniques as clinical interventions for anxiety, depression and trauma
- The neuroscience behind yoga and mindfulness
- Improve client outcomes in battling mood disorders



Featuring **Mary NurrieStearns, MSW, LCSW, C-IAYT**  
author of *Yoga for Emotional Trauma*

**Winchester, VA**  
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Yoga and mindfulness practices generate health and happiness by incorporating principles of neuroscience, neuroplasticity, bi-directional body/mind communication and innate basic goodness. These evidence-based practices are proven to release trauma imprints, calm worried minds, soothe painful emotions, replace harmful thoughts, cultivate compassion, enhance concentration and teach the joys of present moment awareness.

Join Mary NurrieStearns to practice interventions that teach your clients how to:

- Regulate their emotions
- Relate to their thoughts
- Treat themselves and others kindly
- Focus on cultivating wellness

An expert presenter, Mary's teaching style is light-hearted and relevant to your work. Infused with practical, clinical examples and practices that you try on for yourself, this seminar focuses on how to integrate yoga and mindfulness as clinical resources in your day-to-day work. You will leave the seminar with a deeper understanding and skill set to apply for yourself and your clients.

## Speaker

**Mary NurrieStearns, MSW, LCSW, C-IAYT**, teaches seminars and retreats to teach clinicians how to take mindfulness skills, brain based protocols for treating shame and office-based yoga back to their clients. These evidence based clinical interventions move therapy forward by improving emotional regulation, restoring healthy nervous system functioning and cultivating healthier thought patterns. Both mindfulness and yoga practices have brought healing and calm to Mary's clients and students.

Mary provides participants with the latest research results and pulls together the work of experts in the mental health field who are proponents of both practices (i.e. Bessel van der Kolk, Jon Kabat-Zinn). She draws on 37 years as a mental health professional counselor and 27 years of meditation and yoga practice. She is a certified yoga therapist, seasoned yoga teacher and ordained member of Thich Naht Hahn's Order of Interbeing.

Mary is the author of *Healing Anxiety, Depression and Unworthiness: 78 Brain-Changing Mindfulness & Yoga Practices* (2018), *Yoga for Anxiety, Yoga for Emotional Trauma, Yoga Mind – Peaceful Mind, and Daily Meditations for Healing and Happiness*. Mary is the co-editor of *Soulful Living* and former editor of *Personal Transformation* magazine. She has produced DVDs on yoga for emotional trauma and depression. Mary teaches across the United States.

Speaker Disclosure: Financial: Mary NurrieStearns maintains a private practice. She receives royalties as an author for New Harbinger's Publishing. Ms. NurrieStearns receives a speaking honorarium from PESI, Inc. Non-financial: Mary NurrieStearns has no relevant non-financial relationship to disclose.

**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.

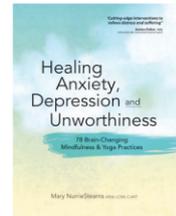
### Target Audience:

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

# Yoga & Mindfulness

Clinical Interventions for Anxiety, Depression and Trauma

## Save by including these PRODUCTS with seminar registration!



**Healing Anxiety, Depression and Unworthiness: 78 Brain-Changing Mindfulness & Yoga Practices**

By: **Your Presenter, Mary NurrieStearns, LCSW, MSW, RYT**

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance. Mindfulness and yoga authority Mary NurrieStearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.



**Daily Meditations for Healing and Happiness: 52 Card Deck**

By: **Your Presenter, Mary NurrieStearns, LCSW, MSW, RYT**

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.

Visit our Online Product Store: [www.pesi.com/store](http://www.pesi.com/store)

## Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 [cespi@pesi.com](mailto:cespi@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.

**ADDITION 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.

**PENNSYLVANIA ADDICTION COUNSELORS:** This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

**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.

**MARYLAND COUNSELORS:** This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**VIRGINIA COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**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.



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

## Live Webcast Details and Live Webcast Continuing Education Credit Information

### Join us on February 1, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/66919](http://www.pesi.com/webcast/66919)

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the 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.

**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**WEST VIRGINIA SOCIAL WORKERS:** The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

**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.

## How to Register:

### ONLINE

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### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

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## Yoga & Mindfulness

Clinical Interventions for Anxiety, Depression and Trauma

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

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\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

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

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### ADA NEEDS

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

### WALK-INS

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

• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

• **\$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 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.** Cannot be combined with other discounts.



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## 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
- \$229.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$24.99\*** *Healing Anxiety, Depression and Unworthiness\**
- \$16.99\*** *Daily Meditations for Healing and Happiness: 52 Card Deck*

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

### WEBCAST with downloadable seminar manual

- \$199.99** registration (+ tax in HI, MN, NM, PA, WI)

## 4 Indicate method of payment:

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#### Yoga & Mindfulness Clinical Interventions for Anxiety, Depression and Trauma

\_\_\_ Seminar on DVD\* (video) \$199.99 (RNW011550)

\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA011550)

\_\_\_ **Healing Anxiety, Depression and Unworthiness\*** \$24.99 (PUB085500)

\_\_\_ **Daily Meditations for Healing and Happiness: 52 Card Deck\*** \$16.99 (PUB084265)

Product total \$ \_\_\_\_\_

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

Subtotal \_\_\_\_\_

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

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