

Retreat Content

Brain Perspective

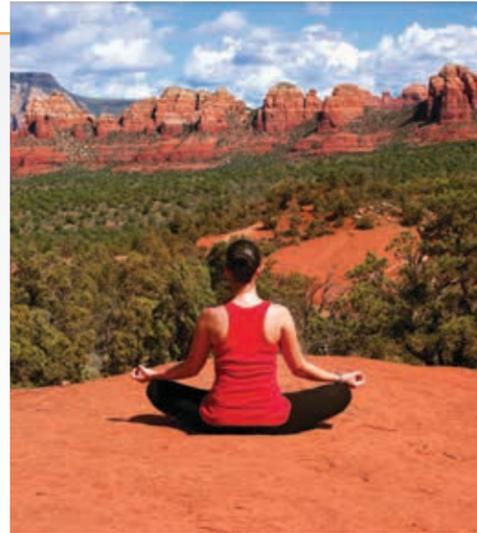
Triune brain and mental healing
 Negativity bias of the brain for survival
 Default network, salience network, central executive network
 Social brain: causes and conditions
 polyvagal nerve theory and clinical applications

Meditation and Yoga

Powerful communication practice "Beginning Anew"
 Inquiry into transient nature of life
 Primary components of meditation
 Teaching meditation to clients
 Impact of yoga on nervous system
 Utilize simple yoga in treatment
 Emotional self-regulation
 Body scan and sensory input
 Breath awareness and breathing practices
 Approaching, not avoiding emotions
 Cultivating inner refuge and pleasant inner atmosphere
 Practice teaching mindful breathing and movement

Cultivate Healthy Thinking

Detach from thoughts that wound
 Use of mantras, chants, songs for healing
 Store consciousness/mind consciousness and therapeutic implications
 Habit tendencies and neuronal pathways
 Naming thoughts
 Creating inner space and witnessing thoughts
 Nourishing wholesome thoughts
 Compassion and healing
 Healing impact of compassion on brain
 Primary and secondary causes of suffering
 Heal shame with understanding, compassion and non-shame physiology
 Non-anxious presence as clinician



Retreat Learning Outcomes

- Analyze the effects of yoga and meditation on the triune brain as applied to clinical practice.
- Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.
- Articulate the concept of negativity bias in the brain as it relates to clients who have experienced trauma.
- Characterize the social brain and use of interpersonal neurobiology to activate the affiliation system of the brain.
- Utilize concentration, distancing, observation and distraction in treating depression producing thoughts.
- Apply breathing practices, simple body movement and self-compassion for emotional regulation.
- Describe salience network, default network and use of interoception for emotional regulation.
- Analyze the neuroscience of anxiety, trauma and depression as it relates to treatment.
- Apply specific mindfulness skills and practices as part of your anger management treatment regimen.
- Teach components of mindful self – compassion and discuss its clinical applications with clients.
- Describe the benefits of a mind/body approach to improve mental health symptoms in clients.
- Explain the relationship between "inner critic", shame, and treatment according to evolutionary psychology.
- Articulate the psychological impact and long-term effects of emotional trauma on a client's mental health.
- Teach mindfulness practices to address negative thoughts regarding chronic pain.
- Practice yoga poses applicable to the clinical setting for depression and for emotional trauma.
- Teach ways to engage the prefrontal cortex as a strategy for emotional regulation.
- Summarize the efficacy of cultivating mindfulness in trauma treatment.



To view the complete learning outcomes visit:
pesi.com/express/67939

Retreat Schedule

Tuesday, September 24

4:00 pm Check In
 4:45 pm Retreat orientation (Mago Hall)
 5:00 pm Welcome – Educational Introduction*
 6:00 pm Dinner
 7:00 pm Educational Program*
 8:40 pm Meditation
 9:00 pm Break for the night

Wednesday-Saturday, September 25-28

6:30 am Meditation
 7:15 am Breakfast
 8:30 am Educational Program*
 10:30 am Break
 11:00 am Yoga
 12:00 noon Lunch
 2:30 pm Educational Program/Transformative Practice*
 4:15 pm Break
 4:30 pm Walking meditation/practice teaching
 5:30 pm Break
 5:45 pm Dinner
 7:00 pm Educational Program*
 8:40 pm Meditation
 9:00 pm Break for the night

Sunday, September 29

6:30 am Meditation
 7:15 am Breakfast
 8:30 am Educational Program*
 10:30 am Break
 10:45 am Contemplation and closing
 12:00 noon Social lunch

*CE is awarded during these specified times



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" on this brochure 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 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 profession's standards.

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

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 25.5 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 25.5 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.

ARIZONA COUNSELORS: This intermediate activity consists of 25.5 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 1530 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.

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 25.5 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 25.5 contact hours or 2.55 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 activity consists of 25.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. designates this live activity for a maximum of 25.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

ARIZONA PSYCHOLOGISTS: This activity consists of 1530 minutes of continuing education instruction and is designed to meet the requirements of the Arizona Board of Psychologist Examiners. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

SOCIAL WORKERS: 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, 2017 - January 27, 2020. Social Workers completing this course receive 25.5 Clinical Practice 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.

OTHER PROFESSIONS: This activity qualifies for 1530 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 your requirements.

Target Audience: Counselors • Social Workers • Psychologists • Psychotherapists
 Marriage & Family Therapists • Occupational Therapists • Occupational Therapy Assistants
 Nurses • Addiction Counselors • Mental Health Professionals

For additional information: pesi.com/express/67939

RETREAT LOCATION

Sedona Mago Retreat Center
 3500 E. Bill Gray Rd
 Sedona, AZ, 86336
 (800) 875-2256

