

## MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

CBT and mindfulness practices are known to be some of the most effective treatment approaches for mood disorders, anxiety, trauma, substance abuse disorders and more.

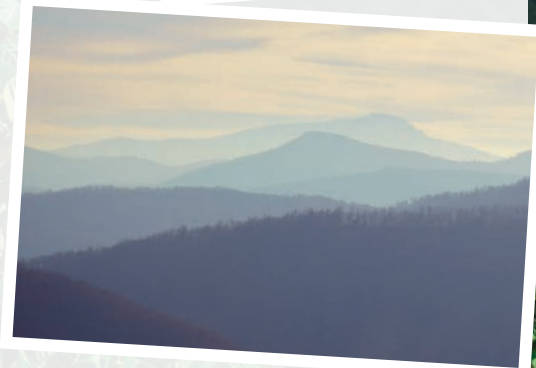
Now you can tap into the best of both evidence-based worlds by using Mindfulness-Based Cognitive Therapy (MBCT) – a unique, structured treatment curriculum that expands upon mindfulness and cognitive therapy practices to **drastically improve distress tolerance, awareness, insight and self-care in even the toughest clients.**

In 5 days at the beautiful Art of Living Retreat Center in Boone, NC, you'll not only build the skills and confidence you need to improve outcomes for your clients but **leave feeling restored, revitalized and ready to return to your deeply meaningful work.**

Expert trainer Dr. Richard Sears will personally guide you step by step through the core competencies of MBCT with passion, humor, and wisdom from his 30 years of teaching mindfulness. He will show you proven strategies for a wide range of psychological disorders, including:

- PTSD
- Anxiety
- Chronic pain
- Addiction
- Depression
- And MORE!

**Don't miss this unique opportunity – sign up today!**



PESI sponsored retreat located at The Art of Living Retreat Center, Boone, North Carolina



### HIGHLIGHTS OF THE CENTER

- 380-acre setting in the peaceful Blue Ridge Mountains
- Plant-based dining
- Incredible landscapes

### SUPPLIES AT NO EXTRA COST!

- Bolsters
- Back Jacks
- Yoga Mats
- Yoga Blocks
- Yoga Blankets
- Yoga Straps

Limited availability! Register today at [pesi.com/express/70591](https://pesi.com/express/70591)

### Instructor

**Richard Sears, Psy.D., PhD, MBA, ABPP**, is a licensed psychologist in Cincinnati, Ohio, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), runs a private psychology and consultation practice, and is the director of the Center for Clinical Mindfulness & Meditation. He is also clinical assistant professor at Wright State University School of Professional Psychology, clinical/research faculty at the UC Center for Integrative Health and Wellness, volunteer professor of Psychiatry & Behavioral Neurosciences at the UC College of Medicine, and a research/psychologist contractor with the Cincinnati VA Medical Center.

His most recent books include: *Mindfulness: Living Through Challenges and Enriching Your Life in this Moment* (Wiley-Blackwell); *Perspectives on Spirituality and Religion in Psychotherapy* (PR Press); *Building Competence in Mindfulness-Based Cognitive Therapy* (Routledge); and *Mindfulness-Based Cognitive Therapy for PTSD* (Wiley-Blackwell). Dr. Sears is lead author of *Mindfulness in Clinical Practice* (PR Press) and *Consultation Skills for Mental Health Professionals* (Wiley).

Dr. Sears is a fifth-degree black belt in Ninjutsu, and once served as a personal protection agent for the Dalai Lama with his teacher, Stephen K. Hayes. He has studied the Eastern Wisdom traditions for over 30 years, receiving ordination in three traditions, and has been given transmission as a Zen master.

#### Speaker Disclosures:

Financial: Richard Sears holds faculty appointments at the University of Cincinnati. He receives a speaking honorarium from PESI, Inc. Non-financial: Richard Sears is a diplomate of the American Board of Professional Psychology and is a fellow of the Academy of the American Board of Clinical Psychology.

## How to Register

For additional details: [pesi.com/express/70591](https://pesi.com/express/70591)

Choose the easiest registration method for you:

ONLINE	<a href="https://pesi.com/express/70591">pesi.com/express/70591</a>	FAX	800-554-9775
PHONE	800-844-8260	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000
Please have credit card available			



### Retreat Location Information

(please do not mail registrations to this address)

**The Art of Living Retreat Center**  
639 Whispering Hills Road  
Boone, NC 28607  
800-392-6870  
[www.artoflivingretreatcenter.org](http://www.artoflivingretreatcenter.org)

#### 1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

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

Address \_\_\_\_\_

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

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

Cell Ph (    ) \_\_\_\_\_ Work Ph (    ) \_\_\_\_\_

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

*Registrant's email required to receive your certificate of completion and registration confirmation.*

#### 2 Tuition and 4 night stay (70591BNE) June 19-23, 2019

<input type="checkbox"/> Early bird by 5/15/2019	\$1,799 per person
<input type="checkbox"/> Standard	\$1,999 per person
	Included

CE Certificate & Course manual  
Healthy vegetarian cuisine (3 meals daily)

#### \*\*Bring a friend and SAVE \$200 each!

<input type="checkbox"/> Early bird by 5/15/2019	\$1,599 per person
<input type="checkbox"/> Standard	\$1,799 per person

Tuition and 4 night stay, double occupancy\*  
Roommate's name: \_\_\_\_\_

#### 3 Please indicate method of payment.

- ☐ Check enclosed payable to **PESI, Inc.**  
☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Signature \_\_\_\_\_ V-code #: \_\_\_\_\_

Total

## 11-5-DAY CERTIFICATE RETREAT 11

# MBCT

## MINDFULNESS-BASED COGNITIVE THERAPY CERTIFICATE COURSE

June 19-23, 2019

The Art of Living Retreat Center  
Boone, North Carolina

Reserve today!  
Limited availability

[pesi.com/express/70591](https://pesi.com/express/70591)

Earn Your  
Certificate &  
up to 21.5 CE Hours

In a retreat setting!





# Retreat Content

## Foundations of MBCT

- Original MBCT trials
- Evidence base for MBCT
- Neurological evidence
- Adaptation and expansion of CBT principles
- Decenter from strong and persistent negative thoughts
- Leading mindfulness exercises skillfully
- Mindful inquiry

## MBCT Curriculum & Core Therapeutic Tasks

### Awareness and Automatic Pilot

- Raisin exercise – distinguish thinking and feeling
- Body scan – foundation to build attention
- Mindfulness of daily activities

### Living in Our Heads

- ABC model for linking thoughts and emotions
- Pleasant events calendar to foster attention to the positive
- Mindful breathing for stress and focus

### Gathering the Scattered Mind

- Mindful stretching for working with discomfort
- Mindful walking for dynamic mindfulness
- Unpleasant events calendar to relate differently to difficulty
- 3-Minute breathing space

### Recognizing Aversion

- Mindfulness of breath, body, sounds to deepen awareness
- Working with difficulties without struggle

### Allowing/Letting Be

- Exposure to difficult thoughts and feelings to transform them
- Noticing thoughts without getting lost in them

### Thoughts are Not Facts

- Purposefully exposing to strong thoughts and feelings
- Techniques for working wisely with difficult thoughts

### How Can I Best Take Care of Myself?

- Recognize relapse signatures to prevent future problems
- Develop self-care action plans

### Maintaining and Extending New Learning

- Personalize mindfulness practices for individual clients
- Maintain momentum of positive gains

### Advanced Strategies for Working with Challenging Clients

#### Adaptations of MBCT for:

- Depression
- Stress
- Anxiety
- Chronic Pain
- PTSD
- Substance Use Disorders
- Children & Adolescents

### Limitations of the Research & Potential Risks

*“There is no better way to learn mindfulness and MBCT than to experience it for yourself. Richard Sears has the expertise to immerse you in these concepts and skills to improve your clinical work as well as your own self-care.”*

**-Zindel Segal**  
co-founder of Mindfulness-Based Cognitive Therapy

# Learning Outcomes

1. Summarize the underlying mechanisms that make mindfulness techniques effective for reducing symptoms of stress and anxiety.
2. Breakdown the role of thoughts in perpetuating symptoms of stress, anxiety, and depression in clients.
3. Provide clients with psychoeducation regarding the neurobiological impact of mindfulness practices to improve treatment outcomes.
4. Connect how mindfulness builds upon and refines the evidence-based principles of Cognitive-Behavioral Therapy (CBT).
5. Incorporate mindfulness practices into traditional CBT thought records to help alleviate clients of intrusive, obsessive-compulsive thoughts.
6. Utilize specific mindfulness-based techniques to help clients disengage from the narrative of negative thoughts and emotions.
7. Teach clients mindfulness exercises that can be applied to daily life activities in a simple, manageable way.
8. Differentiate between the group process in MBCT vs. CBT to avoid clients’ cycles of struggling with distressing thoughts and feelings.
9. Practice guiding a client through a 3-minute mindfulness exercise to improve the consistency of conscious choices rather than automatic reactions when distressed.

To view the complete learning outcomes, visit:  
**pesi.com/express/70591**

**Target Audience:**  
Counselors • Social Workers • Psychologists • Case Managers  
Addiction Counselors • Occupational Therapists • Marriage & Family Therapists  
Psychotherapists • Nurses • Other Mental Health Professionals

For cancellation policy and FAQ go to: **pesi.com/express/70591**

# Retreat Schedule

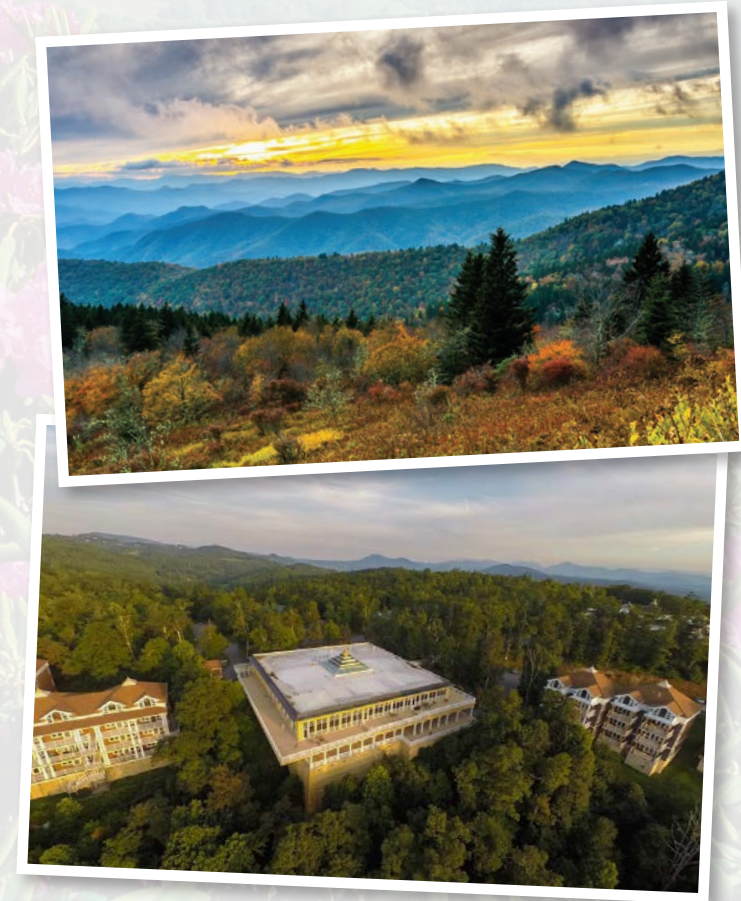
June 19 - 23, 2019

Wednesday, June 19th	
3 – 4:30 pm	Check In
4:30 – 6pm	Course Introduction*
6 – 7 pm	Dinner
7 – 7:20 pm	AOLRC Orientation

Thursday – Saturday June 20th – June 22nd	
7:30 – 8:15 am	Breakfast
8:30 – 11:30 am	Program*
12 – 1:30 pm	Lunch
1:30 – 4 pm	Program*
4:15 – 5:15 pm	Yoga (optional)
5:15 – 6 pm	Individual Activity / Free time
6 – 7:30 pm	Dinner
7:30 – 9 pm	Case/Practice Consultation with Dr. Sears (optional)
7:30 – 8:15 pm	Meditative Chant Kirtan (optional)

Sunday, June 23rd	
7:30 – 8:15 am	Breakfast
8:30 – 12 pm	Program*
12 – 1:30 pm	Closing lunch and departure

\*CE hours awarded during these specified times



5-DAY RETREAT

MBCT

MINDFULNESS-BASED  
COGNITIVE THERAPY  
CERTIFICATE  
COURSE



## 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](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 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 21.5 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 21.5 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1290 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 21.5 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 21.5 contact hours or 2.15 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 21.5 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 21.5 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.

**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 21.5 (Clinical Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 1290 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.

For additional information: **pesi.com/express/70591**