

## Outline

### MASTER THE CORE SKILLS OF MINDFULNESS

#### Research and Treatment Concepts

How mindfulness can benefit you  
Current state of research on mindfulness  
Neuroscience and mindfulness: how we can retrain our brain to be more resilient and compassionate clinicians

Demystifying meditation – what it can and cannot do

*Experiential exercise: mindful breathing techniques*

#### Professional Burnout and How to Avoid It

How mindfulness can help ward off the symptoms of burnout:

- Emotional exhaustion
- Depersonalization
- Low sense of personal accomplishment

Maslach Burnout Inventory (MBI)  
Three core skills of mindfulness every therapist should have

*Experiential exercise: STOP and RAIN practices*

#### Techniques of Informal Mindfulness Practices

Mindfulness vs. mindlessness  
Findings from the ‘Harvard Study’  
Telephone meditation  
Shower meditation  
Driving meditation  
*Experiential exercise: eating meditation*  
Connecting formal and informal mindfulness practices

*Experiential exercise: walking meditation*

### MINDFULNESS STRATEGIES TO IMPROVE OUTCOMES

#### Mindfulness for Chronic Pain

Cultivate awareness of our physical bodies  
Exercise infused with mindfulness  
*Experiential exercise: mindful movement*  
Jon Kabat Zinn and MSBR - “Leaning In” to touch the pain  
*Experiential exercise: body scan meditation*

#### Mindfulness for Aging and Death

Understand impermanence  
Help your patients make peace with the “human condition”  
The unique dilemma of hospice care partners  
Strategies for mindful aging  
*Experiential exercise: lighting rounds*

### Mindfulness for Better Assessment and Treatment

Key to improving patient-therapist relations:  
incorporate relational mindfulness strategies  
Mindful speaking and listening

- Authentic, truthful speech
- Deep listening with full attention (80/20 rule)

*Experiential exercise: introducing the dyad*

### MINDFULNESS STRATEGIES TO COMBAT STRESS AND BURNOUT

#### How to Start Your Own Personal Practice

Everything you need to know about sitting meditation  
Overcoming the obstacles to formal meditation practice  
Essentials for nurturing your own mindfulness practices

- The synergistic relationship between formal and informal mindfulness practice
- The importance of consistency, patience and forgiveness
- Support for your practice after today
- Resources in your community
- Recommended readings

#### Create a Healthy Work-Life Balance

The 8-role circle for conscious goal setting  
How to look within – heart-body-mind triad  
The importance of self-nurturing  
Find greater emotional stability  
Cultivate more acceptance, tolerance, and compassion  
Learn how to use vulnerability and sensitivity as your greatest strengths

#### Take Home Lessons for Immediate Application

Become a better listener by truly “hearing” your patients  
Connect with the positive qualities of your patients  
Become less reactive by reframing your perceptions  
Accept all criticism as opportunities for learning

### Target Audience

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Speech-Language Pathologists • Nurses  
Nurse Practitioners • Counselors • Case Managers • Healthcare Administrators

## Live Seminar Schedule

**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.



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Effective  
Mindfulness  
Interventions

Techniques to Improve Patient  
Outcomes & Personal Well-being

**Spokane, WA**  
September 11, 2019

**Bellevue, WA**  
September 12, 2019

**Portland, OR**  
September 13, 2019

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## Techniques to Improve Patient Outcomes & Personal Well-being

- Integrate mindfulness and exercise to decrease debilitating pain in patients
- Strategies to strengthen your therapy session with those facing anxiety over health concerns or non-compliant behaviors
- Connect with your patients and caregivers better using relational mindfulness techniques
- Formal and informal mindfulness practices to incorporate in your practice and your life

**Spokane, WA**  
Wednesday  
September 11, 2019

**Bellevue, WA**  
Thursday  
September 12, 2019

**Portland, OR**  
Friday  
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# Effective Mindfulness Interventions

## Techniques to Improve Patient Outcomes & Personal Well-being

Your work as a therapist can be so rewarding, seeing patients return to their normal life and activity. Yet, there are days when you're not as locked in to each patient, where the emotional toll of their behavior can hinder your progress and your go-to strategies just aren't as effective.

**Revitalize your practice and take your clinical effectiveness as a therapist to the next level using mindfulness.**

Mindfulness isn't a buzzword; the principles and practices are proven to work! Learn to use these time-tested techniques to improve therapy outcomes while simultaneously reducing the overwhelming stress you face daily as a healthcare professional.

Gain effective clinical techniques from physical therapist and certified mindfulness facilitator, Clyde Boiston, who has utilized mindfulness in his clinical practice for over two decades. You'll become proficient at applying foundational mindfulness techniques and practices to a variety of clinical populations – simultaneously improving your assessment of and treatment outcomes with patients. Join him for this transformational experience as he reveals the latest advances in mindfulness and neuroscience to improve your work as a therapist and open the door to becoming a more centered human being.

**Full of experiential exercises, interactive discussions, and other resources, you will take away practical mindfulness strategies you can immediately integrate into your practice and your daily life.**

Sign up today!

## Speaker

**CLYDE BOISTON, PT, OCS, CMF**, is a licensed physical therapist with over 20 years of clinical experience who has worked in multiple therapy settings including acute care, outpatient orthopedics and home health. In addition to his continuing clinical work as a PT, he and his wife own and operate Bel Wellness, a mind-body wellness studio in Riverside, CA which offers both private sessions and group classes in mindful movement, yoga, Pilates, mindfulness, Tai Chi, and meditation. Mr. Boiston is a mindfulness teacher and meditation instructor who presents retreats, workshops, and mindful living classes to both corporate and healthcare employers as well as the general community. His clients include Kaiser Permanente, Morgan Stanley Wealth Management, UC Riverside, and the Riverside County Office on Aging. He trained through UCLA's Mindful Awareness Research Center (MARC) which is part of the university medical school's Semel Institute for Neuroscience and Human Behavior. He completed their yearlong Intensive Practice Program (IPP) in 2015 and received their Certification as a Mindfulness Facilitator (CMF) in 2017. He graduated with a BS in PT from California State University Long Beach in 1997 and has been Board Certified as an Orthopedic Clinical Specialist (OCS) since 2004.

Speaker Disclosures:  
Financial: Clyde Boiston is the owner of Be Everything in Life. He has an employment relationship with Kaiser Permanente Home Health. Mr. Boiston receives a speaking honorarium from PESI, Inc.  
Non-financial: Clyde Boiston has no relevant non-financial relationship to disclose.

## Objectives

1. Define the mind-body connection and explain how mindful awareness practices can improve both clinical effectiveness and personal well-being.
2. Articulate what recent scientific research has discovered which validates the use of mindfulness in therapy.
3. Discuss the concept of neuroplasticity and discover how mindfulness meditation can change the structure and function of the brain in positive ways.
4. Identify 3 components of burnout suffered by healthcare professionals and articulate why the rates of each are significantly higher than the general working population.
5. Demonstrate the connection between healthcare provider burnout and the resultant decrease in quality of patient care and clinician effectiveness.
6. Discover techniques to improve your own mind-body awareness and use this as a resource in designing more effective interventions in your patient's treatment plan.
7. Develop mindful speaking and listening strategies that will help you become more actively engaged with your patients and improve their clinical outcomes.
8. Design a plan to incorporate both formal meditation practice and informal mindfulness activities into your daily life after the course concludes.

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

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**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.



**The Self-Compassion Deck:**  
*50 Mindfulness-Based Practices*

By Tim Desmond, LMFT, Mitch R. Abbett, Ph.D. & Christopher Willard, Psy.D.

Cultivate kindness & compassion for yourself and others! *The Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindness and gain a deeper appreciation for yourself and your life.

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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.

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**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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**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

EFFECTIVE MINDFULNESS INTERVENTIONS: TECHNIQUES TO IMPROVE PATIENT OUTCOMES & PERSONAL WELL-BEING

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