

Integrating MBSR into Your Clinical Practice

CERTIFICATE COURSE

Positive client outcomes are what we all strive for. Yet, over time, we can begin to feel stuck in a rut. The same treatments and methods we've become accustomed to using can start to show their limitations (and create burn-out).

A way to break through with your clients can be found within a well-researched method for teaching mindfulness called MBSR (Mindfulness-Based Stress Reduction). MBSR is clinically shown to have profound benefits on emotional and physical well-being as well as a wide range of chronic conditions. MBSR-informed adaptations are now used for the basis for many interventions, including treatment for depression, anxiety, trauma, addiction, ADHD and pain.

Attend this 3-day certificate course and you'll be immersed into an experiential workshop that will introduce and deepen mindfulness-based practices for clinicians and explore how these can be conveyed in a broad variety of populations and settings. You'll be nourished as you learn transformational mindfulness techniques and gain an in-depth knowledge of the MBSR program and all its benefits. The slogan of an MBSR approach is "There's more right with you than wrong." Come and experience how this is true.

Sign up today and learn how to embody and apply mindfulness to your patient population simply but effectively. Be renewed while getting a whole new toolbox of techniques for treating trauma, anxiety, chronic pain, depression, addictions ADHD and more!

Course Designed Especially for

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

Course Schedule for All Three Days

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.

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 **Josh Lindblad** at jlindblad@pesi.com or call 715-855-5234.

Speaker

Elana Rosenbaum, MS, LICSW, has been integrating mindfulness with psychotherapy for over 35 years. She is a leader in the clinical application of mindfulness meditation to cancer care and is a pioneering teacher of Mindfulness-Based Stress Reduction at the Center for Mindfulness, the University of Massachusetts Medical School where she worked directly with Jon Kabat-Zinn. She is the author of the new best-selling *The Heart of Mindfulness-based Stress Reduction: A MBSR Guide for Clinicians and Clients* and *Here for Now: Living Well with Cancer through Mindfulness and Being Well (even when you're sick): Mindfulness Practices for People Living With Cancer and Other Serious Illness*.

Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought-after mindfulness coach, teacher, speaker, workshop leader and research consultant. She has been featured in "Chronicle" on CBS and mentioned in many magazine articles including *Yoga Journal*, *Health*, *Coping*, and the PBS audio series, "Walking through the Storm". She is working on her fourth book, a workbook of mindfulness exercises for optimal living.

Speaker Disclosure:

Financial: Elana Rosenbaum maintains a private practice. She receives royalties as an author for Shambhala and Satya House Publications. Ms. Rosenbaum receives a speaking honorarium from PESI, Inc.

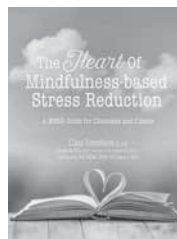
Non-financial: Elana Rosenbaum has no relevant non-financial relationship to disclose.

Learn from a "master" who was taught by Jon Kabat-Zinn.

"Elana Rosenbaum embodies in herself everything she teaches to others"

– Jon Kabat-Zinn, Ph.D

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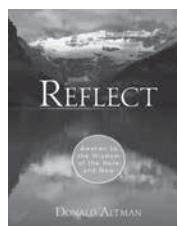


The Heart of Mindfulness-based Stress Reduction

A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW **YOUR SPEAKER**

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



Reflect

Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. *Reflect* taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.

More info and resources at www.pesi.com

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INTEGRATING MBSR (Mindfulness-Based Stress Reduction)

INTO YOUR CLINICAL PRACTICE

CERTIFICATE COURSE

Sacramento, CA
Wednesday-Friday • November 20-22, 2019



Register now! pesi.com/express/74606

INTEGRATING MBSR (Mindfulness-Based Stress Reduction)

INTO YOUR CLINICAL PRACTICE

CERTIFICATE COURSE

3-Day In-Depth Experiential Learning



**Presented by
Elana Rosenbaum**

MBSR Expert and Author of *The Heart of Mindfulness-Based Stress Reduction* book.

Practical Applications of the MBSR Model for:

- Trauma
- Anxiety
- Chronic Pain
- Addictions
- Depression
- & More

Sacramento, CA
Wednesday-Friday
November 20-22, 2019



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Outline

What is Mindfulness?
Core Principles
Application in the MBSR Curriculum
Universality and Adaptability (to specific populations and conditions)
Research on its Benefits
Limitations of Research and Possible Risks

What is MBSR and How it Works
Why MBSR was Created and the Evidence of Improved Outcomes
What MBSR Works Best for
MBSR Ground Rules and Fundamental Beliefs
Establishing a Culture of Safety, Connection and Commonality
How to Assess if an MBSR Approach is Right for Your Client

Formal Mindfulness Practices
Guided Experiential Sessions-Practice the Techniques and then Debrief through Mindful Inquiry
The Body Scan
The Sitting Meditation with Awareness of Breath
The Sitting Meditation with Sound, Sensation, Feelings, Thoughts and Open Awareness
Mindful Movement and Yoga
Adaptations to Yoga
Walking Meditation
Loving-Kindness Meditation

Informal Mindfulness Practices
Practice Interventions Clients Can Use in Daily Life in Minutes or Less
The S.T.O.P. Technique
The Three Step Breathing Space
One Moment Meditation
Urge Surfing
The R.A.I.N. Technique
Creating Home Practices
Mindfulness Cues

The MBSR Curriculum
Experiential Learning: Making Practice Practical
The Sequence and Themes of the MBSR Sessions

- Class 1-3 – Grounding Mindfulness in the Body
- Class 4-5 – Stress Reaction versus Response
- Class 6-7 – Communication and Interpersonal Mindfulness
- Class 8 – Summation and Bringing Mindfulness Home

Establishing Goals and Expectations for Your Clients
The Use of Language
The Power of Intention
Anchoring and Sustaining Attention
The Process of Mindful Inquiry – An Underutilized Tool
Home Practices, Reinforcing Mindfulness
Communication Strategies with Clients
Inter-Personal Mindfulness Strategies and Techniques

Emotion Regulation
Perception: The Lens of Experience
The Role of Arousal: Stress Reaction vs. Response
Working with Thoughts
Working with Feelings: Pleasant and Unpleasant
Cultivating Acceptance
The Use of Compassion
Identify Habitual and Conditioned Reactions to Anxiety, Chronic Pain, and Depression
Obstacles
Application of Neuro-Science Research

Practice in Introducing Mindfulness and MBSR-Informed Adaptations:
Adaptations for Groups vs Individuals
Adaptations Specific for Children & Adolescents vs. Adults
Trauma Sensitive Mindfulness

- The Four R's
- Supporting Safety and Stability

The Window of Tolerance
Symptom Specific Adaptations for:

- Anxiety & Stress
- Chronic Pain
- Depression
- Addictions
- PTSD

The Therapist as the Vehicle of Change
Embodiment: The Power of Presence
Communication: Verbal and Non-Verbal

- The Use of Language
- The Use of Movement

Personal Practice-Taking Mindfulness Home

Objectives

1. Present the core beliefs of Mindfulness-Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
3. Implement various mindfulness practices to decrease stress and improve symptomology in clients, including a body scan, sitting meditation, walking meditation and yoga practices.
4. Articulate the essential core components of the MBSR program as they relate to clinical treatment.
5. Identify techniques for increasing the effectiveness of meditation for improved outcomes.
6. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
7. Utilize the breath and awareness exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
8. Interpret and differentially communicate mindfulness language appropriate for diverse populations.
9. Evaluate appropriate applications of mindfulness practices for treatment in populations with trauma history, mental health disorders, and emotional and physical disabilities.
10. Differentiate which mindfulness-based skills can be applied in a group therapy setting.
11. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
12. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
13. Specify all 10 sessions of the MBSR program and the broad themes and client goals for each one.
14. Characterize how to get a client to work through pleasant and unpleasant feelings to overcome barriers for treatment.
15. Summarize the neuroscience research that shows the benefits of MBSR for clients.
16. Specify how clinicians can identify situations in which MBSR-based techniques could be most beneficial.
17. Establish how to effectively adapt MBSR to a group setting or individual setting to obtain the best clinical outcomes.
18. Communicate how to adapt MBSR to children or adults specifically to maximize clinical effectiveness.

Questions? Call customer service at 800-844-8260

Seminar on DVD or CD 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 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.

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Live Conference 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.

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CALIFORNIA COUNSELORS: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licensees/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 19.0 clock hours of continuing education instruction.

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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. **Limited seats available; advance online registration required.**

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Nurses in full attendance will earn 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

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PSYCHOLOGISTS: This live activity consists of 19.0 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.

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CALIFORNIA SOCIAL WORKERS: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licensees/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 19.0 clock hours of continuing education instruction.

OTHER PROFESSIONS: This activity qualifies for 1140 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.

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

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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.

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