

## A note from your speaker.

I remember working as a psychotherapist in a non-profit HMO, seeing client after client. They were anxious, panic-attack prone or just unable to cope with stress. They had seen physicians with little success. I was of no help. I was stuck in a rut treating symptoms and focusing on what was wrong rather than treating them as an individual and reinforcing what was right.

Desperate to find something better for myself and my clients, I walked into a meditation class with the most amazing, dynamic and confident teacher. After one session I was more energetic, better able to cope, and found myself more attentive with my clients.

This caring and incredible instructor was Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR).

That was 30 years ago and since then, along with the help of Jon Kabat-Zinn, I have been able to transform my life and my practice, using these very principles I discovered at that yoga class back in Worcester, Massachusetts. I became an instructor alongside Jon, started my own practice, and was beginning to see incredible treatment outcomes with my clients. I was feeling energetic and confident in myself and my clinical work.

Then in 1995 I was diagnosed with cancer. I put Mindfulness-Based Stress Reduction to the test and experienced first-hand how to handle the pain and stress of chemotherapy and all that goes with a stem cell transplant.

My personal and clinical experience with this evidenced-based approach led to the development of mindfulness-based interventions for bone marrow transplants at the University of Massachusetts Medical Center, Emory University, and the Dana Farber Cancer Institute.

Mindfulness-Based Stress Reduction changed my life and has changed the life of many of my clients. I want to share these strategies with you.

These tools are powerful and simple, to see for yourself, go to [www.pesi.com/go/elana](http://www.pesi.com/go/elana) where I have posted a FREE technique for you to use with your clients. Go now, it will only be available for the next two weeks, and if you like it...I hope to see you soon at my Course.

Here's to healing,

**Elana Rosenbaum**

## Learning Outcomes

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 utilized to decrease stress and improve symptomology.
4. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
5. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
6. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
7. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
8. Evaluate the use of interpersonal mindfulness in facilitating effective communication and increasing awareness in the client.
9. Appraise the applicability of neuroscience research to stress reduction and ascertain its clinical implications.
10. Determine specific adaptations of MBSR practices that can be utilized to treat wide range of symptoms of anxiety, depression, addiction and trauma as well as age groups.
11. Practice introducing mindfulness that is relational, client-centered and accessible to the population being served.
12. Articulate the methods by which MBSR can be interfaced with psychotherapy practices to improve clinical outcomes.

## Speaker

**Elana Rosenbaum, MS, LICSW**, has been integrating mindfulness with psychotherapy for over 30 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. She has authored, *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*.

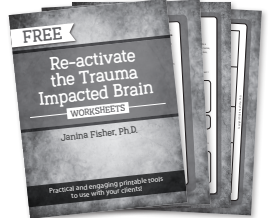
Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought after mindfulness coach, teacher, speaker, Course leader and research consultant. She has been featured in "Chronicle" on CBS and mentioned in many magazine articles including *Yoga Journal*, *Health*, *Coping*, and the PBS audio series, "Walking through the Storm". She is currently working on her third 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.

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**2-Day Training Course**

**MBSR** Mindfulness Based Stress Reduction

Presented by **Elana Rosenbaum**, MBSR Expert

**LIVONIA, MI**  
Thursday & Friday  
January 16 & 17, 2020


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**2-Day Training Course**

**MBSR** Mindfulness Based Stress Reduction

Presented by **Elana Rosenbaum**, MBSR Expert and author of *The Heart of Mindfulness-based Stress Reduction* book




**"Elana Rosenbaum embodies in herself everything she teaches to others."**  
-Jon Kabat-Zinn, Ph.D.

- Give your clients the skills to live in the present, and put stress and pain behind them!
- Learn from a "master" taught by Jon Kabat-Zinn

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# Outline

## Foundational Principles

The Origin of MBSR  
Goals and Principles  
Populations Served  
Assessment and Orientation  
MBSR Ground Rules  
Teacher competencies

## The Curriculum—Themes

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  
All Day Session

## Establishing Mindfulness Practices

Defining Mindfulness  
Introducing Mindfulness Experientially and Verbally  
7 Essential Attitudes in Establishing Mindfulness

## Establishing Intention and Commitment to Practice

Language —Using Gerunds and the Vernacular  
Leading an Awareness Exercise: The Raisin

## Guidance in Formal Mindfulness Practices

The Body Scan  
The Sitting Meditation with Awareness of Breath  
Yoga  
Walking Meditation  
Loving-Kindness Meditation  
Practice in Leading a Mindfulness Meditation  
Applying Mindfulness to Daily Life  
Creating Home Practices  
Use of Homework  
The S.T.O.P.  
The Three Minute Breathing Space  
Awareness Exercises

## Clinical Issues: Working with Difficulties

The Process of Inquiry including Role Playing and Practice in Inquiry  
Working with Feeling  
Working with Pain and Stress  
Working with Anxiety and Panic  
Application of Neuro-Science Research

## Adaptations of MBSR for:

Depression  
Addictions  
Trauma  
Children and Adolescents

## Inter-personal Mindfulness and Communication

Akido for MBSR  
Use of Dyads  
Group Process  
Interface with Psychotherapy

## Limitations of Research and Potential Risks

Various definitions of mindfulness  
Research validity and reliability  
Client may experience initial increase in symptoms  
Special considerations for severe mental illness

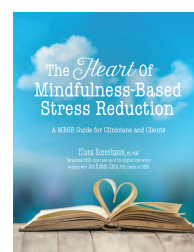
*Please bring a yoga mat, cushion or towel.*

## Live Course Schedule (both 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.

## Save by Including These Products with Registration!



### The Heart of Mindfulness-Based Stress Reduction

A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW - Seminar 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.

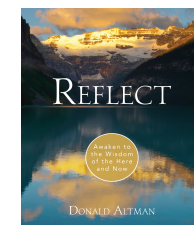


### The Self-Compassion Deck

50 Mindfulness-Based Practices

By Tim Desmond, LMFT, Mitch R. Abblett, 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 kindheartedness and gain a deeper appreciation for yourself and your life.



### 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.

## Course Designed Especially for

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



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## Live 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.*

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**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

**Michigan Addiction Counselors:** This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

**Ohio Chemical Dependency Professionals:** This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

**Counselors:** This intermediate activity consists of 12.5 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.

**Ohio Counselors:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

**Marriage & Family Therapists:** This activity consists of 760 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.

**Ohio Marriage & Family Therapists:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

## Questions?

Call customer service at 800-844-8260

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](mailto:jlindblad@pesi.com) or call 715-855-5234.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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 12.5 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.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Ohio Psychologists:** PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**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 12.5 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.

**Ohio Social Workers:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

**Other Professions:** This activity qualifies for 760 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

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