

## Outline

### Mindfulness Core Concepts

Foundational Principles of Mindfulness  
How Mindfulness Fits Within All the Other Approaches  
The Top 5 Core Mindfulness Concepts & Techniques  
Why Mindfulness Isn't the Same as Relaxation

### How Mindfulness Changes the Brain - Neurobiology

Neuroplasticity – Reorganizing the Brain  
The Neurobiological Evidence for Mindfulness in Treatment  
Mindful Brain Changes Seen for Specific Disorders

### Integrate Mindfulness into Your Clinical Practice

Why, How and When to Use Mindfulness in Practice  
Top Strategies to Introduce Mindfulness to Clients  
Building a "Mindful Rapport"  
How to Help Client's Be Able to Process the Internal Reactions  
How to Mix Mindfulness in with Other Clinical Approaches  
Top Strategies to Ensure Clients Adopt Mindfulness Outside of Session  
What To Do When Meditation Doesn't Work for A Client

### Trauma/PTSD

Viewing Mindfulness with a Trauma Lens  
How to Respond to Trauma Arousal  
How to Loosen the Grip on Traumatic Thoughts and Feelings  
Case Study - Lars: 53 yr. Old Extensive History of Childhood Trauma and Abuse, Therapy Hasn't Helped.  
**Experientially led Techniques & Strategies Designed for Trauma**

### Anxiety

How to Respond to an Aroused State of Mind and Body  
How to Defuse the Panic Cycle  
How to Respond to Anxious Thoughts

## Objectives

1. Improve client engagement in treatment with personalized practices associated with mindfulness practice.
2. Effectively communicate the core principles of mindfulness-based approaches and how those skills can help clients observe internal reactions.
3. Integrate well formulated treatment plans for anxiety that incorporate mindfulness techniques to improve outcomes.
4. Understand and implement mindfulness-based principles with a trauma informed lens and articulate the benefits of use in the treatment of posttraumatic stress symptoms.
5. Learn to guide clients with obsessive-compulsive disorder (OCD) and other compulsive behavior disorders on the utilization of mindfulness skills that can facilitate change from stuck thinking patterns and compulsive behavior engagement.
6. Integrate mindfulness interventions into therapy to help clients experiencing depressed mood to effectively respond to unhelpful thought patterns.

### TARGET AUDIENCE

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

Case Study - Mary: 35 Yr. Old High Anxiety, Fertility Difficulties, and Sleep Disturbances/Insomnia

**Experientially led Techniques & Strategies Designed for Anxiety**

### OCD & Compulsive Disorders

How to Increase Awareness of Obsessive Thoughts  
Mindful Actions to Circumvent Compulsions  
How to Change Thought Processes in the Brain  
Case Study - Sally: 42 Year Old Patterns of Binge Eating Disorder and Anxiety

**Experientially led Techniques & Strategies Designed for OCD & Compulsive Disorders**

### Depression & Mood Disorders

Mindful Responding to Depressive Thoughts  
How to Increase Awareness of Mood State  
How to Find Balance and Stabilize Mood  
Case Study - James: 58 yr. Old Post Cancer Treatment, Depressed Mood, Struggles with Feeling Connected to Meaning.

**Experientially led Techniques & Strategies Designed for Depression & Mood Disorders**

### Pain

How to Calm the Brain  
How to Find Acceptance in Pain  
How to Change the Brain's Focus  
Case Study – Maria – Chronic Pain from Connective Tissue Disease, Complications of Mood Disturbance and Pain Avoidance Through Use of Substances.

**Experientially led Techniques & Strategies Designed for Pain**

### Potential Risks & Limitations of Research

#### Live Seminar & Webcast Schedule (Times Listed in Central)

**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.

Don't Miss!  
**LIVE VIDEO WEBCAST**  
FRIDAY  
December 6, 2019  
REGISTER ONLINE  
[pesi.com/webcast/75704](http://pesi.com/webcast/75704)

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

The Ultimate 1-Day Skills Training on Mindfulness!

# Mindfulness-Based Interventions

A Step-by-Step Guide to Improve Clinical Outcomes

Register now!  
[pesi.com/express/75469](http://pesi.com/express/75469)

**OAK LAWN, IL**  
Wednesday, December 4, 2019

**NAPERVILLE, IL**  
Thursday, December 5, 2019

**ARLINGTON HEIGHTS, IL**  
Friday, December 6, 2019

**LIVE VIDEO WEBCAST**  
Friday, December 6, 2019

**PESI®**  
[www.pesi.com](http://www.pesi.com)

The Ultimate 1-Day Skills Training on Mindfulness!

# Mindfulness-Based Interventions

A Step-by-Step Guide to Improve Clinical Outcomes

Advanced Mindfulness Techniques for:

OCD	Pain
Trauma	Anxiety
Depression	Bipolar Disorder

**OAK LAWN, IL**  
Wednesday, December 4, 2019

**NAPERVILLE, IL**  
Thursday, December 5, 2019

**ARLINGTON HEIGHTS, IL**  
Friday, December 6, 2019

**LIVE VIDEO WEBCAST**  
Friday, December 6, 2019

Register now! [pesi.com/express/75469](http://pesi.com/express/75469)

**PESI®**  
[www.pesi.com](http://www.pesi.com)  
A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# Mindfulness-Based Interventions

## A Step-by-Step Guide to Improve Clinical Outcomes

Mindfulness can truly be a powerful tool when helping clients, however, far too often we use the same common mindfulness techniques for each situation. That approach short changes your client and won't get you the best results. To truly unlock the power of mindfulness, you need to be able to adapt mindfulness techniques to each unique situation in a way that will lead to lasting results.

**Attend this workshop and get detailed guidance on the how, why, and when of incorporating core and advanced mindfulness skills into your clinical practice.**

**You'll walk away knowing how to apply brain-changing mindfulness skills specifically tailored to:**

- Trauma/PTSD
- Anxiety
- Depression
- OCD & Compulsive Disorders
- Mood Disorders
- Pain

**Sign-up today and get step-by-step instruction on specific interventions you need to treat a variety of disorders and populations!**

## Speaker

**R. Brian Denton, Psy.D., Ph.D.** is a licensed psychologist in Cleveland, Ohio. Dr. Denton completed his undergraduate work (B.A.) in psychology at Case Western Reserve University in Cleveland, OH, a Master's degree in clinical and counseling psychology (M.A.) from Cleveland State University, and a Doctorate in clinical psychology (Psy.D.) from the School of Professional Psychology at Wright State University in Dayton, Ohio. Dr. Denton also received a Doctorate (Ph.D.) in buddhist studies from Buddha Dharma University.

Dr. Denton has studied the eastern wisdom traditions extensively over the past 20 years, having traveled to a variety of training centers and monastic institutes around the United States and overseas to study meditation practices and their application to human psychological functioning. He is a Zen Teacher and was given transmission as a Zen Master. He has lead mindfulness and meditation retreats, teaches independently, and utilizes his expertise in mindfulness within psychological treatment.

Dr. Denton has published on mindfulness-based treatment approaches as the lead author of the chapter "Clinical Uses of Mindfulness" in *Innovations in Clinical Practice*, and as third author of the book *"Mindfulness in Clinical Practice"*, a primer of mindfulness-based treatment approaches. He is an experienced and sought after presenter on a wide range of topical areas, and in particular for trainings around mindfulness, ACT, inclusion/diversity, and sexuality.

Speaker Disclosures:

Financial: Robert Denton is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Denton is a member of the Association of Contextual Behavioral Science; American Psychological Association; and the Ohio Psychological Association.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on December 6, 2019, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/75704](http://www.pesi.com/webcast/75704)

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

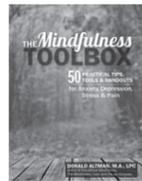
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://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.

**Have a seminar idea? A manuscript to publish?** 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.



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.**

**\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!**



### 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.



### RETHiNK Card Deck Mindful Conversation Starters

*56 Questions to Encourage Compassion, Shift Perspective & Build Connection*

Theo Koffler, Mindfulness Without Borders

Whether you're at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them. Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful and compassionate way of living.

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

## LIVE SEMINAR 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 6.0 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.

**Illinois Addiction Counselors:** This course has been submitted to the IAODAPCA for review.

**Counselors:** This intermediate activity consists of 6.25 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.

**Illinois Counselors:** This intermediate activity consists of 6.25 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 380 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.

**Illinois Marriage & Family Therapists:** PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

**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.

Nurses in full attendance will earn 6.3 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 6.0 contact hours or .6 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 live activity consists of 6.25 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.

**Illinois Psychologists:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

**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 6.25 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.

**Illinois Social Workers:** PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

**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.



PLEASE RETURN ENTIRE REGISTRATION FORM

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register:

MINDFULNESS-BASED INTERVENTIONS: A STEP-BY-STEP GUIDE TO IMPROVE CLINICAL OUTCOMES

### ONLINE

[pesi.com/express/75469](http://pesi.com/express/75469)

### PHONE

**800-844-8260**

Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI, Inc.  
PO Box 1000  
Eau Claire, WI  
54702-1000

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

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

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept./Floor/Suite \_\_\_\_\_

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

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

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

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

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

**2 Check location:** (make copy of locations)

**OAK LAWN, IL**  
**December 4, 2019**

Hilton Oak Lawn, 9333 S Cicero Ave • 60453  
(708) 425-7800

**NAPERVILLE, IL**  
**December 5, 2019**

Chicago Marriott Naperville  
1801 N Naper Blvd • 60563 • (630) 505-4900

**ARLINGTON HEIGHTS, IL**  
**December 6, 2019**

DoubleTree Hotel Chicago Arlington Heights  
75 West Algonquin Rd • 60005  
(847) 364-7600

**LIVE VIDEO WEBCAST**  
**December 6, 2019**

Broadcast LIVE to your computer!

**Register now!**

**[pesi.com/express/75469](http://pesi.com/express/75469)**

### ADA NEEDS

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

### WALK-INS

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.

### TUITION OPTIONS

• **FREE Military Tuition:** 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.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*

FOR OFFICE USE ONLY  
Fed ID # 26-3896894  
© 2019 PESI, Inc.



**SCAN HERE**

**FOR A SPECIAL OFFER ON BOOKS & CARD DECKS**

**3 Check tuition:**

### ON-SITE Tuition with seminar manual

**\$219.99** - choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

### Add-On Products

Distributed at seminar—FREE SHIPPING!

**\$29.99\*** *The Mindfulness Toolbox* book

**\$16.99\*** *RETHiNK Card Deck Mindful Conversation Starters*

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### WEBCAST with downloadable seminar manual

**\$219.99** registration (+ tax in HI & NM)

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**

**Purchase orders welcome (attach copy).**

Check enclosed payable to **PESI, Inc.**

MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

### Mindfulness-Based Interventions: A Step-by-Step Guide to Improve Clinical Outcomes

\_\_\_ Seminar on DVD\* (video) \$219.99 (RNA055380)

\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA055380)

\_\_\_ **The Mindfulness Toolbox\*** book \$29.99 (PUB082210)

\_\_\_ **RETHiNK Card Deck Mindful Conversation Starters\*** \$16.99 (PUB085205)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_