Outline

Mindfulness
- Mindfulness and the process of healing
- 7 Mindfulness practices you can use to help clients:
  - reduce anxiety
  - alleviate depressed state
  - control eating impulses
  - manage anger/rage/impulsive actions
  - recover or develop “safer” physical & emotional sensations
  - access all of the senses for optimal healing

EMDR—Eye Movement Desensitization & Reprocessing
- How it can alleviate PTSD, anxiety, other disorders
- Assessment to determine client suitability for EMDR Therapy treatment
- Importance of stabilization before and during trauma treatment
- Overview of adaptive information processing: genetic, biological, & social origins of anxiety, depression, PTSD & other illnesses
- EMDR Therapy uses with children and adults with PTSD (veterans, rape, emotional/sexual abuse, accident survivors) & other disorders
- 8-stage protocol of EMDR Therapy within the 3-Stage model of trauma treatment

Objectives
1. Describe EMDR Therapy and discuss how the adaptive informational processing model defines trauma in a broad sense.
2. Explain the neurobiology of trauma.
3. Summarize how to use the brain’s neuroplasticity to help clients re-wire their brains towards healing.
4. Implement specific mindfulness practices to use with a variety of disorders including PTSD, phobias, panic disorder, generalized anxiety and more.
5. Experience the importance of stabilization in the 3-Stage Treatment Triangle.
6. Demonstrate how EMDR Therapy and Mindfulness can complement one another for maximum utilization in your practice.

Hassle-Free Cancellation Policy: 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.

Questions? Call customer service at 800-844-8260

EMDR & Mindfulness
Interventions for Anxiety, Depression, Panic, Trauma and Other Disorders

Featuring author and speaker, JAMIE MARICH, Ph.D., LPCC-S, LICDC-CS, RMT

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Attend this seminar and gain a better understanding of both Mindfulness and EMDR Therapy. Learn how and why they can be powerful tools for healing, and with whom and when it is suitable to use each. Experience practical exercises of Mindfulness, and leave with EMDR Therapy includes the world’s leading experts on trauma stress discussing the current “power therapies”, trauma’s most effective psychotherapeutic interventions. Join Bessel van der Kolk, Peter Levine, Dan Keating and others as they discuss EMDR, Somato- Experience and Brainspottting and other approaches to trauma treatment.

EMDR Made Simple: 4 Approaches to Using EMDR with Every Client

Speaker

Jamie Marich, Ph.D., LPC-S, LCDC-CS, RMT, is the author of Trauma Made Simple: Competencies in Assessment, Treatment and Working with Survivors (2014); EMDR Made Simple: 4 Approaches for Using EMDR with Every Client (2011), and two other books on trauma recovery. Marich began her career in human services working in humanitarian aid in Bosnia-Hercegovina from 2000-2003. Jamie’s journey with EMDR began as a clinician in 2004, and she’s offered EMDR Therapy as a clinician since 2006. An EMDRIA Certified Therapist, Approved Consultant, and Continuing Education Provider, Jamie was named the EMDRIA Research Poster Award Winner in 2008 for her qualitative research on EMDR addiction. Jamie’s doctoral dissertation on the use of EMDR in addiction continuing care was published in Psychology of Addictive Behaviors, a major APA journal. As of 2015, Jamie and her training company (The Center for Creative Mindfulness) are providers of EMDRIA-approved Basic Training Courses in EMDR Therapy.

Marich travels internationally speaking on topics related to trauma, trauma addiction, and mindfulness while maintaining a private practice (Mindful Heart) in her home base of Warren, OH. She is the developer of the Dancing Mindfulness practice and a Reiki Master teacher. She also completed the StreetYoga Trauma-Informed Teacher Training Program and she is a Certified Yoga of 12-Step clinician since 2006. Marich began her career in human services working in humanitarian aid in Bosnia-Hercegovina from 2000-2003. Jamie’s journey with EMDR began as a clinician in 2004, and she’s offered EMDR Therapy as a clinician since 2006.

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Jamie Marich, Ph.D., LPC-S, LCDC-CS, RMT - your presenter

Dr. Jamie Marich brings clients in from all over the world to attend her various workshops and trainings nationwide, with numerous recent citations from scientific literature attesting to the efficacy of EMDR Therapy and Mindfulness.

Dr. Jamie Marich is not only an EMDR Therapy expert, author, speaker and practicing clinician, she is the creator of ‘Dancing Mindfulness.’ She is known for her natural way of presenting the skills to teach Mindfulness to your clients. Increase your knowledge of how trauma affects the Recovery Facilitator/Space Holder. Her latest book, the StreetYoga Trauma-Informed Teacher Training Program and she is a Certified Yoga of 12-Step clinician since 2006.


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