Is your client caught up in chaos, anxious thoughts, overwhelming depression or stress? Your client comes to you to help them make progress and meaningful change in their life, but nothing seems to be working. Take action today and help your client get their life back.

Jon Kabat-Zinn’s Mindfulness- Based Stress Reduction (MBSR) is the treatment approach that will transform your client’s lives and your practice. Don’t wait to join all the professionals across the country embracing this proven and much-applauded approach. Join Mindfulness expert and MBSR teacher Debra Premashakti Alvis, who trained with Jon Kabat-Zinn, and learn how MBSR can:

- Move the client from reactivity to responsiveness
- Shift the client from habits of negative perception to meaning and sense of agency
- Overcome anxiety, depression, pain and stress related symptoms
- Dramatically improve physical, mental and emotional conditions
- Increase resiliency and well being
- Strengthen self-regulation and stabilize attention & focus

Reserve your seat today at the seminar that is taking the seminar-world by storm!!

Debra Premashakti Alvis, Ph.D., RYT, is a private practitioner, mindfulness teacher, consultant, and therapeutic yoga educator. Debra offers training and consultation to therapists internationally, helping them to integrate mindfulness and yoga into their clinical work.

In 2005, Debra was initiated into the Integral Yoga tradition and was given her spiritual name, Premashakti, by Sri Swami Satchidananda. She has completed Mindfulness Based Stress Reduction training (MBSR) with Dr. Jon Kabat-Zinn, Mandala Teacher Training with Susanne Fincher, and has co-taught with Amy Weintraub, author of Yoga for Depression. She leads retreats at spiritual centers around the world. Over three decades of personal contemplative practice support her work as a psychotherapist, presenter, and consultant.

As faculty at the University of Georgia, Debra developed and led the MindBody program offering mindfulness and yoga based therapies, continuing education, and a clinical training program based on contemplative approaches. She serves on a research team investigating mindfulness.

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.

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.
**Foundational Principles of MBSR**

History of Mindfulness-Based Stress Reduction

The Psycho-Educational Format of MBSR

Ethical and Moral Principles

The Mind/Body Connection

MBSR as Adjunct to Medicine and Psychotherapy

The MBSR Curriculum—Goals and Objectives

Core Skills in MBSR

Clarifying, Setting and Reaffirming Intention

Cultivating a Witnessing Awareness

Stabilizing Attention

Stress Regulation

Stress Management and Symptom Control

Integrating Cultivating Loving-Kindness and Acceptance

Use of Homework

Establishing and Communicating Mindfulness

Fomal Mindfulness Practices in MBSR

The BodyScan

Sitting Meditation

Mindful Movement/Yoga

Walking Meditation

Sensory Awareness

Loving Kindness Meditation

Informal Mindfulness Practices in MBSR

Incorporating Mindfulness into Daily Activities

Establishing Mindfulness Cues for Daily Life Use of S.T.O.P.

The Three Minute Breathing Space

Objectives

1. Summarize the foundational principles of MBSR.

2. Describe the essential components of the MBSR curriculum.

3. Demonstrate the ability to give guided instruction in Mindfulness Meditation Practices.

4. Experience group dialogue and mindful communication exercises to enhance awareness in everyday life.

5. Review evidence-based research in MBSR including latest studies in neuroscience— the effect of meditation on the brain.

6. Identify the six basic competencies needed for a mindfulness-based teacher of stress reduction.

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**MINDFULNESS SKILLS WORKBOOK FOR CLINICIANS AND CLIENTS**

By Debra Burdick, LCSW, BCH


Mindfulness Skills Workbook for Clinicians and Clients combines the latest research and best practices all in a simple guide to successfully teach mindfulness to clients. Dozens of reproducible activities, exercises, and techniques to improve treatment outcomes for depression, anxiety, ADHD, PTSD, OCD, bipolar, pain, stress, and anger.

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**THE MINDFULNESS TOOLBOX**

By Jon Kabat-Zinn, PhD.

In this timely and groundbreaking booklet, Jon Kabat-Zinn brings his expertise to bear on the full spectrum of issues that confront those working with mindfulness. The seven practical tools included in this booklet help readers to establish key elements of mindfulness practice, including:

1. Establishing mindfulness Cues for daily life
2. Mindfulness, Healing and Transformation
3. The Process of Inquiry
4. Mindfulness, Loving-Kindness meditation
5. Mindful movement/Yoga
6. The BodyScan
7. Mindfulness and Regulation

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**LIVE SEMINAR SCHEDULE**

**Live Seminar Schedule**

**Morning**

9:00 a.m. Welcome and Introduction

9:00 a.m. Understanding Anxiety

9:45 a.m. Evidence-Based Research on MBSR

10:15 a.m. Objectives

10:45 a.m. Probation: Group Dialogue

11:30 a.m. Mindfulness, Healing and Transformation

12:15 p.m. Lunch

1:00 p.m. Program begins

1:30 p.m. History of mindfulness-Based Stress reduction

2:00 p.m. Foundational Principles of MBSR

2:45 p.m. Evidence-Based Research on MBSR

3:15 p.m. Objectives

3:45 p.m. Probation: Group Dialogue

4:30 p.m. Program ends

**Evening**

5:30 p.m. Social hour

6:00 p.m. Program begins

6:30 p.m. Evidence-Based Research on MBSR

7:00 p.m. Objectives

7:30 p.m. Probation: Group Dialogue

8:00 p.m. Program ends

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**LIVE SEMINAR CREDIT INFORMATION**

**Live Seminar Credit Information**

Credit(s) listed below are for full attendance at the live event only.

**MBSR**

* The Mindfulness Toolbox

* a Complete Guide to mindfulness tools for Clinicians

* Mindfulness, Healing and Transformation

* Mindfulness, Loving-Kindness meditation

* Mindful movement/Yoga

* The BodyScan

**Evidence-Based Research on MBSR**

* Evidence-Based Research on MBSR

* Establishing mindfulness Cues for daily life

* Mindfulness, Healing and Transformation

* Mindfulness, Loving-Kindness meditation

* Mindful movement/Yoga

* The BodyScan

**Psychologists**

* FEIS. Inc. has approved this program to be offered to psychologists.

* This activity is a joint provider of CEUs for the following disciplines:

  * Clinical Psychologist
  * Counseling Psychologist
  * Educational Psychologist
  * School Psychologist

**Social Workers**

* FEIS. Inc. has approved this program to be offered to social workers.

* This activity is a joint provider of CEUs for the following disciplines:

  * Clinical Social Worker
  * Marriage and Family Therapist

**Counselors**

* FEIS. Inc. has approved this program to be offered to professional counselors.

**Physicians**

* FEIS. Inc. has approved this program to be offered to medical doctors.

**Nurses**

* FEIS. Inc. has approved this program to be offered to registered nurses.

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**TARGET AUDIENCE**

* Counseling • Social Workers • Psychologists • Psychotherapists • Case Managers • Marriage & Family Therapists • Nurses • Addictions Counselors • Occupational Therapists • Other Mental Health Professionals

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**FREE SHIPPING**

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   c) Click on the seminar title.

   d) Click on the seminar title.

   e) Complete the order form.

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Call 800-844-8260 for inquiries or to register online.

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**For accommodations:**

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**Tuition:**

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**Date and Location:**

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**Conference Site:**

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**Website:**

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**Program:**

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**Registration Form:**

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**Registration:**

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