Mindfulness-Based Stress Reduction

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 clients' lives and your practice.

Don't wait to join all the professionals around the country embracing this proven and much-applauded approach. Join Mindfulness expert and MBSR teacher Diane Renz, who trained with Jon Kabat-Zinn, and learn how MBSR can:

• Move the client from reactively to responsively.
• Shift the client from habitual to a meaningful, meaningful perception and sense of agency.
• Overcome anxiety, depression, pain and stress-related symptoms.
• Dramatically improve physical, mental and emotional conditions.
• Increase resilience 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!!

If you contact us before the event date, you can exchange for a DVD or CD/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 go.pesi.com/jkz

Speaker

Diane Renz, M.A., L.P.C. has 37 years of Mindfulness experience, trained with Jon Kabat-Zinn & Saki Santorelli at the Center for Mindfulness, UMASS. Diane is a Neuroscience Practical Applications Facilitator, Licensed Psychotherapist, Workshop Developer, Mindfulness Instructor & MBSR Teacher who founded Your Gateway to Healing™ - a worldwide counseling, coaching, and consulting service.

Utilizing the latest neuroscience studies that show our capacity for changing our brains & biology through focused attention, she presents a variety of somatic and mindfulness based practices to help people affect positive state & behavioral changes, that are detailed in her upcoming book on Anxiety, based on her current trademarked workshop, "Healing Beyond Anxiety™. Body as Ally."

With over 30 years in human service, trained in Transpersonal & Contemplative Psychology, philosophy, religious perspectives, as well as extensive graduate studies in Trauma and Somatic psychology, her work is a confluence of various schools of thought and personal experiment, and is fueled both by professional training and personal exploration.

She has studied with Dan Siegel, MD, in the field of neuroscience and Interpersonal Neurobiology, Jon Kabat-Zinn in Mindfulness-Based Stress Reduction, and integrates the teachings of numerous other thought leaders in the field of somatic research and Neuroplasticity. Diane’s view of a person’s inherent health guides her work; each symptom becomes opportunity for healing. Both her professional and personal experience has proven that you can turn ‘pain into possibility™’ as it becomes your Gateway to Healing™.

Speaker Disclosure:
Financial: Diane Renz is a member of UMASS Center of Mindfulness. Nonfinancial: Diane Renz is the Founder of Your Gateway to Healing™. She receives a speaking honorarium from PESI, Inc.

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 go.pesi.com/jkz.

Hurable-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 refunded less a $30 cancel fee. Substitutions are permitted at any time.

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A Non-Profit Organization Connecting Knowledge with Need Since 1979
4. Experience group dialogue and mindful
   Communication in everyday life.

3. Demonstrate the ability to give guided
   exercises and techniques to improve treatment outcomes for depression, anxiety, ADHD, PTSD, OCD, bipolar, pain, stress, and anger.

2. Summarize the foundational principles of MBSR.
   Sensory awareness in everyday life.

1. Establishing and Communicating Meditation in MBSR
   Formal Meditation Practices in MBSR
   A Complete Guide to Mindfulness Tools for Clinicians
   Mandala meditation and Inter-Personal mindfulness.

Evidence-Based Research on MBSR

- Effect on mental functioning and Conditions
- Effect on Physical Conditions
- Benefits & more info at www.pesi.com

Questions? Call customer service at 800-844-8260

Mindfulness Skills Workbook for Clinicians and Clients
111 Tools, Techniques, Activities & Worksheets
By Debra Burdick, LCSW, BCM

- Extensive use of reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to easily be able to help their clients. The book includes exercises and techniques in this guidebook offer participants a means of improving and expanding awareness and awareness. In addition, this workbook provides a method for skillful planning, insight, and communication. So you can choose from the many ways to make sense of experience and communicate, a sense of change, and a sense of hope.

Live Seminar Credit

- 6.25 clock hours of continuing education.
- This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Oregon Board of Licensed Professional Counselors is one of the state boards that approve OCEP programs and activities. The American Nurses Credentialing Center (ANCC) is an approved agency for this activity.

- A certificate of completion will be sent within 30 days following the event.

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By Jon Kabat-Zinn, PhD.

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