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 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 Diane Renz, 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!!

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.

Using 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 achieve positive state & behavioral changes, that are detailed in her upcoming book on Anxiety, based on her current research & practice.

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; both her professional and personal experience has proven that you can turn ‘pain into possibility™’ as it becomes your Gateway to Healing™.

Speaker Disclosures:

Financial: Diane Renz is the Founder of Your Gateway to Healing™. She receives a speaking honorarium from PESI Inc.

Nonfinancial: Diane Renz is a member of UMASS Center of 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 CE hours. 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 CE hours.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital 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.

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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 MBSR 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 mindful-based teacher of stress reduction.

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