

## Outline

### Reduce Stress with Mindful Coping Skills

Educate the client about the impact of stress

Practice makes perfect – transform the stress response

Exercises:

Strengthen awareness of the stress response

Shifting to relaxation response: cultivate a foundation of groundedness, settledness, and ease

Mindful transitions

Treatment limitations, risks and research

### Manage Depression and Anxiety with Mindfulness Techniques That Work

The downward spiral and the brain's default mode

Cultivate motivation and action

Witness the anxious mind

Get unstuck from anxious rumination

Exercise:

Self-regulation practices for anxiety

### Mindfulness as the Antidote to Anger

Understand the sources of anger

The body's anger response

Identify early signs of the anger forest fire

Clarify the practice: What am I trying to remember?

Exercise:

Rehearsal of the Stop-Breathe-Reflect-Choose practice

### Calm the Traumatized Brain

Proceed with caution – avoid retriggering and retraumatizing

Retrain the dysregulated nervous system

Cultivate safety

Exercises:

Grounding techniques

Breathing techniques

Positive visualization

### Transform the Inner Critic:

#### Mindfully Deal with Guilt and Shame

Identifying primary core negative belief

Cultivating a healthy and true vision of self

Exercises:

The protective quality of mantras

Exercises that promote self-forgiveness

#### Live Webinar Schedule

(Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**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.

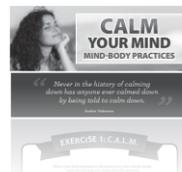
## Objectives

- Assess neurological processes and how mindfulness can be used to increase client's motivation.
- Determine how mindfulness practices can be used to shift clients to a relaxation response.
- Integrate mindfulness interventions into your treatment plans to counter automatic patterns of negative thoughts.
- Demonstrate how mindfulness and breathing techniques can be practiced in-session to increase emotion regulation.

- Analyze the neurobiology of the traumatized brain and implement grounding techniques and breathing exercises.
- Appraise the clinical utility of mindfulness-based therapies in regulating shame and guilt.

### FREE Infographic

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Mind-Body Practices



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# 15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS:

SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS,  
DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME

## LIVE Interactive Webinar

Tuesday, May 10, 2022

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# 15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS:

SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS,  
DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME

Presented by, **Debra Alvis, PhD**

Over 25 years of clinical mindfulness practice refined into insights and exercises you can apply to the specific disorders and life-problems you see in your clients each day!

- ✓ "Go-to" techniques immediately applicable to your clinical practice
- ✓ Evidence-based skills to reduce stress, ease anxiety, manage depression and calm the traumatized brain
- ✓ Mindfully deal with guilt and shame – transform the inner critic
- ✓ Address toxic anger and reduce the body's anger response
- ✓ Guidance, interactive demonstrations, and step-by-step instruction

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# 15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS

From depression and anxiety to stress and trauma, mindfulness has demonstrated its ability to help reduce suffering. But there are hundreds of mindfulness interventions available to clinicians. With so many to choose from **how do you decide on your "go-to" techniques?**

Debra Alvis, Ph.D. is a licensed psychologist who developed the Mind/

Body Program at the University of Georgia. She has more than 25 years of clinical experience in treating clients by combining mindfulness principles, body-oriented principles and traditional psychotherapeutic approaches. **Now Dr. Alvis has distilled the sea of available techniques into the essential hands-on mindfulness skills and exercises you need to treat your clients.**

**Join Dr. Alvis and learn to effectively use 15 mindfulness practices** that she's found most capable in shifting clients away from stress responses, intervening in the downward spiral of depression and anxiety, and cultivating safety and groundedness in traumatized clients. PLUS she'll give you detailed instruction on her top mindfulness interventions to help your clients properly deal with guilt and shame and empower them to manage their anger and toxic emotions.

Don't miss this change to enhance your clinical practice and fundamentally improve the lives of your clients with mindfulness skills that work!

**Sign up today!**

## Target Audience:

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



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## Meet Your Speaker

**Debra Alvis, Ph.D.**, a licensed psychologist, developed the Mind/Body Program at the University of Georgia providing clinician training on the integration of mindfulness and contemplative practices into psychotherapy. Her work as a professor at the University of Georgia included the supervision of doctoral students and co-leading a research team investigating mindfulness.

In addition to teaching, Dr. Alvis maintains a private practice and has more than 25 years of clinical experience in treating clients with a variety of conditions by combining mindfulness principles, body-oriented principles and traditional psychotherapeutic approaches. She also has an over 30-year personal contemplative practice.

Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of Mindfulness, neuroscience and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.

### Speaker Disclosure:

Financial: Debra Alvis is in private practice. Dr. Alvis receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Debra Alvis has no relevant non-financial relationship to disclose.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Psychologists, Marriage and Family Therapists, Occupational Therapists, Addiction Counselors, Nurses, and Physicians.**

For specific credit approvals and details, visit [www.pesi.com/webcast/87036](http://www.pesi.com/webcast/87036)

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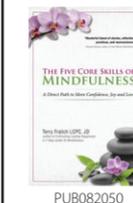
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## Recommended Reading:



**The Five Core Skills of Mindfulness**  
*A Direct Path to More Confidence, Joy and Love*  
Terry Fralich, LCPC

~~\$19.99~~ **\$14.99\***

PUB082050



**The Mindfulness Toolbox**  
*50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain*  
Donald Altman MA, LPC

~~\$29.99~~ **\$19.99\***

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