

Outline

Mindfulness and the Clinician:

“Know What You Teach” and “Teach What You Know”

- Empirical support for improved symptomology and well-being
- The latest research on therapists who practice mindfulness
- Your mindfulness practice and how you can embody mindfulness
- Situations that may contraindicate applying mindfulness in session
- Research limitations

Mindfulness Psychoeducation Approaches:

Easy to Use Strategies to Enhance Motivation in Therapy

- Mindfulness vocabulary
- Visuals and metaphors to explain mindfulness
- Motivate clients with neuroplasticity

Deepen the Therapeutic Relationship:

Build Presence, Trust and Empathetic Connection with Clients

- Overcoming barriers
- Affect regulation techniques for therapist and client
- Strategies to create empathetic connection
- Exercises to build clients trust in themselves

Teach Mindfulness to Clients:

Formal and Informal Mindfulness Practices

- Tips for teaching clients about the senses and awareness
- Strategies to shift from “Automatic Pilot”
- Skill building interventions to increase responsiveness & reduce reactivity
- Strategies to cultivate attunement
- Approaches for deepened experience of mindfulness
- Brief and other informal practices
- How to adapt practices to special populations

Group Therapy vs. Individual Sessions

- Effectiveness of group vs. individual mindfulness
- How to set up and conduct a mindfulness group
 - Screening for individual goodness of fit
 - Encouraging client buy-in and commitment to practice
- Mindfulness interventions specifically designed for groups

Anxiety and Stress:

Mindfulness Interventions to Relax the Body and Mind

- Breathing practices that break the rumination cycle
- Guided visualizations to lower the stress response
- Movement strategies

Multi-sensory regulation techniques
Mindfully reduce the intensity of panic attacks

Mindfulness for Trauma:

Disempower Intrusive Thoughts

- Muscle tension releasing – exercises to counter fight or flight
- Guided meditations to disempower intrusive thoughts
- Grounding exercises and sample scripts

Using Mindfulness in Depression Treatment

- Recognize self-criticism and respond with self-love
- Manage negative self-talk with awareness of thoughts
- Meditations to boost well-being

Mindfulness for Addictions: Break the Habit Loop

- Awareness vs. autopilot -- relapse prevention
- Mindfulness for triggers
- Emotional regulation for cravings

Mindful Anger: Breathing and Self-Soothing Techniques

- Breathe through anger
- Distraction and grounding techniques
- Self-soothe with calming words and imagery

Mindfulness, Diversity, & Cultural Humility

- Adapt mindfulness experiences with cultural sensitivity
- Assess appropriateness of mindfulness interventions for individuals
- Negotiate the treatment plan

Mindfully Conquer Compassion Fatigue

- Right here/right now – stay in the moment to reduce anxieties
- Effective and healthy ways to manage your emotions
- Change limiting stories about caring for yourself
- Release the negative – 3 steps to countering negativity bias

Learning Objectives can be viewed at pesi.com/webcast/89757

Live Webinar Schedule - both days
(Times listed in Central)

8:00 Program begins

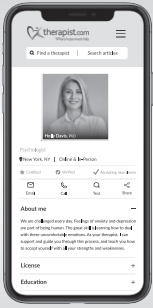
11:50-1:00 Lunch Break

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.

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Dr. Debra Alvis is a clinical psychologist and expert on mindfulness who developed the Mind/Body Program at the University of Georgia. Dr. Alvis lectures and leads retreats around the world and **her trainings have helped thousands of clinicians to integrate the richness of mindfulness into therapy for greater clinical effectiveness.**

Join her for this 2-day intensive live online training and get:

- How-to instruction on using mindfulness-based exercises with clients working through stress, anxiety, trauma, depression, anger, and addiction
- Specific guidance on using mindfulness with individuals and groups
- Feedback and tips on how you can strengthen your personal mindfulness practice
- all for **over 45% off!**

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Mindfulness-Informed Professional (CMIP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of using mindfulness in counselling. Professional standards apply. Visit www.evergreencertifications.com/CMIP for details.

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Meet Your Speaker



Debra Premashakti Alvis, PhD, 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.

Speaker Disclosure:

Financial: Debra Alvis maintains a private practice and receives a speaking honorarium from Asadis Training, Essential Therapy Training, Georgia Museum of Art, Bascom Museum of Art, and Mountain Area Health Education Center. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Debra Alvis is a member of the American Association of College Student Personnel, the Association for Contemplative Mind in Higher Education, the Association of Specialists in Group Work, the Athens Area Psychological Association, and the Georgia Psychological Association.

To view the full bio, visit www.pesi.com/webcast/89757

Target Audience:

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Other Mental Health Professionals

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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This activity is pending approval from the National Association of Social Workers.



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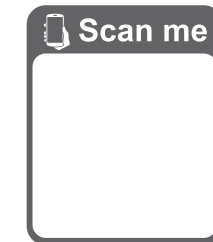
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Here's What People Like You Are Saying After Taking This Course!

★★★★★

"Dr. Debra Alvis was well organized in presenting the subject matter; her level of expertise was evident. She provided a nurturing and respectful presence as she fielded questions and interacted. I would definitely recommend her to other colleagues."

– Samantha Reynolds

★★★★★

"She was so warm, helpful, and inviting, also very knowledgeable about the topic. I loved it."

– Angel Bunton

★★★★★

"Dr. Alvis pulled together a wealth of information and presented it in an engaging and pleasant way. Thank you so much!"

– Corey Reed