

Outline

DBT Mindfulness Skills for Almost Any Client: Reduce Clients' Stress, Increase Their Self-Awareness, and Help Them Regulate Emotions

Mindful Breathing techniques to reduce stress and anxiety in your clients

Present Moment exercises for awareness of thoughts, emotions, and physical sensations

Urge Surfing techniques to help clients regulate intense urges and reduce impulsivity

Non-judgmental Stance exercises to improve self-esteem and reduce interpersonal conflict

The Clinician's Guide to ACT Mindfulness Interventions: 4 Top Tools for Clients to Manage Negative Thoughts and Build Resilience

Mindful Acceptance for non-judgmental attitude towards thoughts and emotions

Defusion techniques to help clients distance themselves from negative thoughts

Values Identification and Commitment for motivation and greater sense of purpose

Self-compassion practices for improved self-esteem and resilience

Revitalize Trauma and Anxiety Treatment with Mindfulness: Complementary Techniques for Managing Triggers, Interrupting Anxiety and Reducing Avoidance

Grounding exercises to manage triggers following traumatic experiences

Body Scanning techniques for greater awareness of bodily sensations

Mindful Breathing techniques to reduce physical tension and promote relaxation

Power of the Pause exercise to slow automatic anxiety responses and increase sense of control

Objectives

1. Utilize DBT mindfulness skills to promote emotional regulation, enhance distress tolerance, and foster interpersonal effectiveness.
2. Apply mindfulness strategies from ACT to help clients enhance their ability to stay present in the moment and cultivate non-judgmental awareness.
3. Analyze the impact of traumatic experiences on the development and maintenance of symptoms and avoidance and describe the role of mindfulness in mitigating these symptoms.
4. Evaluate the effectiveness of mindfulness exercises as interventions for reducing symptoms of anxiety and depression.
5. Identify potential benefits and drawbacks of mindfulness-based interventions for individuals experiencing grief and connect to the implications for clinical practice in supporting individuals coping with loss.
6. Gain insight into the various ways in which therapists incorporate mindfulness techniques into treatment, the challenges they encounter, and the strategies they employ to address these challenges.

Thought-Stopping techniques to interrupt and redirect anxiety-provoking thoughts
Mindful Exposure and Response Prevention techniques to help clients reduce avoidance behaviors

Mindfulness for Grief and Loss: Help Clients Reflect, Accept and Cultivate Gratitude for Healthier Grieving

Mindful Reflection exercises for greater insight and acceptance following loss

Techniques to develop non-judgmental attitudes towards grief-related thoughts
Cultivating Gratitude to increase resilience and improve mood

Compassionate Presence for improved emotional regulation and reduced distress

Strategies for Integrating Mindfulness Techniques into Clinical Practice

Practical tips and strategies for integrating mindfulness techniques into your clinical work

Case examples of mindfulness used in specific therapeutic scenarios

Avoiding misapplication

Addressing the needs of diverse populations and cultures

Research, risks and limitations of mindfulness-based interventions

Live Webinar Schedule (Times listed in Central)

8:00 Program begins

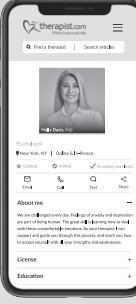
11:50-1:00 Lunch Break

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.

Limited time only

Create your **FREE** directory listing



therapist.com

Go to therapist.com/tcom to learn more.

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Live Online –or– On-Demand!

24 — MUST-HAVE — MINDFULNESS TECHNIQUES FOR CLINICIANS

Live Online –or– On-Demand!

24 — MUST-HAVE — MINDFULNESS TECHNIQUES FOR CLINICIANS

Skills and Tools from DBT, ACT and More for
Enhanced Treatment of Trauma, Anxiety, and Grief

Live Interactive Webinar
Thursday, October 19, 2023

Can't Attend Live? Get the On-Demand Training!

Skills and Tools from DBT, ACT and More for
Enhanced Treatment of Trauma, Anxiety, and Grief

- Why mindfulness is the missing piece to your treatment approach
- Improve trauma trigger management and reduce avoidance
- Anxiety: 3 mindfulness interventions for instant relief
- Easy-to-use exercises to boost your clients' resilience and self-esteem
- The most powerful mindfulness-based techniques for grief and loss
- Step-by-step instructions for seamless integration into your practice

Live Interactive Webinar
Thursday, October 19, 2023

Can't Attend Live? Get the On-Demand Training!

Register Now: pesi.com/webcast/89788



REGISTER NOW:
pesi.com/webcast/89788



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

24 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS

Unlock the transformative potential of mindfulness with this training designed to elevate your skills and allow you to quickly harness the proven benefits of mindfulness across a wide range of therapeutic applications.

In just one day you'll get a carefully curated collection of 24 indispensable mindfulness techniques used in top treatments like DBT and ACT. And since these techniques have been meticulously selected by mindfulness expert and acclaimed trainer Katelyn Baxter-Musser, you can rest assured you're getting the very best mindfulness has to offer the clinician.

Whether you work with clients struggling with stress, anxiety, trauma, grief, or interpersonal conflicts, Katelyn will make mastering these techniques feel simple and have you fully prepared to use them the very next day.

When you join Katelyn you'll discover the keys to clinical mindfulness so you can:

- Use proven tools to help clients manage their trauma triggers and interrupt anxiety
- Skillfully utilize exercises that cultivate present moment awareness and reduce avoidance
- Heighten clients' consciousness of thoughts, emotions and physical sensations
- Master techniques to regulate intense urges and impulses
- Seamlessly integrate mindfulness into your therapeutic practice with Katelyn's pro tips
- Reinforce what you learn through real-life case examples and specific therapeutic scenarios

Bringing the very best mindfulness-based interventions into your practice has never been easier.

Take the guess work out of "what mindfulness intervention should I use in this situation" with Katelyn's expert guidance and make your treatment more effective than ever before.

Register now!

Target Audience:

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



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

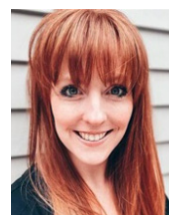
PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at rbartholomew@pesi.com.

Meet Your Speaker



Katelyn Baxter-Musser, LCSW, C-DBT, is an accomplished therapist whose trainings have helped tens of thousands of therapists incorporate mindfulness-based techniques into their work. Certified in Dialectical Behavior Therapy (C-DBT) through Evergreen Certifications and extensively trained in mindfulness techniques, she seamlessly integrates these practices into her work with adults and adolescents presenting with a variety of concerns.

With a focus on cultivating self-awareness, emotional regulation and personal growth, Ms. Baxter-Musser empowers her clients to develop healthier coping strategies, process traumas, and transform destructive emotions. Ms. Baxter-Musser is also trained in Cognitive Behavioral Therapy and is an EMDRIA-approved consultant. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, and the National Center for Crisis Management.

She previously sat on the EMDRIA Standards and Training Committee and was the co-regional coordinator for the EMDRIA Southern Maine Regional Network. She works in private practice where her areas of expertise include the treatment of trauma, PTSD, depression, anxiety, grief and relationship issues.

Speaker Disclosure:

Financial: Katelyn Baxter-Musser is the owner, operator, trainer of Inner Awakening Counseling & Consulting. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Katelyn Baxter-Musser is a member of EMDRIA, the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management, and the International Society for the Study of Trauma and Dissociation.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

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.

National CE Credit Approvals For Live Webinar

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.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/89787>.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Earn up to **6.25 CE Hours** for one low price!

State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2023 - January 27, 2026. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

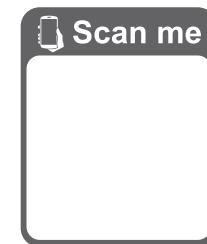
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab, PESI AU, PESI UK, and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/89788

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs



Register Online at:
pesi.com/webcast/89788

Live Interactive Webinar (Option 1)

October 19, 2023 [PWZ89787]

\$249.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$249.99 [POS059266]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$249.99 [RNV059266]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888



Special Offer! Up To 25% Off!



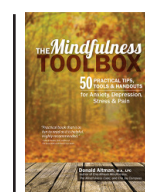
The DBT Deck for Clients and Therapists

101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

Lane Pederson, Psy.D, LP

~~\$26.99~~ **\$22.99***

PUB085485



The Mindfulness Toolbox
50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

Donald Altman MA, LPC

~~\$29.99~~ **\$22.99***

PUB082210

* Discount Included with purchase of the Webinar