

## A note from your speaker.

I used to feel stuck with clients, treating the same symptoms session after session, but seeing little progress. Does this sound like you?

I was spending my days seeing client after client, and they were all anxious, panic-attack prone or just unable to cope with stress. I was of no help. I was stuck in a rut treating symptoms; focusing on what was wrong rather than treating them as an individual and reinforcing what was right

Incorporating MBSR into my sessions re-energized me and made me more confident in myself and my clinical work.

This evidence-based approach changed my life and has changed the lives of many of my clients. Now I want to share these strategies with you because I know that this work will transform the psychic and physical pain in your clients' lives.

These tools are powerful and simple, and you can immediately start incorporating them into your practice to give your clients the skills to live in the present and put stress and pain behind them.

Join me in this 2-day workshop and leave with the tools that will transform your clinical practice – and help you with our own stress and burnout reviving you!

Here's to healing,  
Lucia

Attend and get practical skills of mindfulness and how to adapt these to a variety of clients & settings!

**Hassle-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 refund less a \$60 cancel fee. Substitutions are permitted at any time.

## Learning Outcomes

1. Present the core beliefs of Mindfulness Based Stress Reduction (MBSR)
2. Explore the seven attitudes needed in cultivating mindfulness.
3. Critique the themes and essential components of the eight-week MBSR curriculum.
4. Practice defining mindfulness and introducing it to clients in everyday language.
5. Experience and practice guiding a body scan mindfulness meditation.
6. Experience and practice guiding a sitting meditation with awareness of the breath.
7. Experience and practice guiding a sitting meditation with open awareness.
8. Model experience in practices that integrate MBSR into daily life.
9. Substantiate the use of a mindful pause (S.T.O.P.) to refocus attention and interrupt negative thoughts and ruminations.
10. Practice in the process of inquiry and its use in cultivating insight to reduce stress.
11. Evaluate the use of interpersonal mindfulness in facilitating communication and deepening awareness.
12. Appraise the applicability of neuroscience research to stress reduction.

## Speaker

Lucia McBee, LCSW, MPH, CYI, began her Mindfulness-Based Stress Reduction journey in 1992. Always interested in meditation and yoga, her mindfulness practice was inspired by a client with chronic pain. Looking for alternative treatments, she discovered MBSR, which requires a serious practice commitment from the teacher. She participated in professional training in Mindfulness-Based Stress Reduction in 1994 and the first MBSR Teacher Development Intensive at the Center for Mindfulness in 1997. She also completed training in Mind/Body/Spirit Medicine at the Center for Mind/Body Medicine in 2000. In 2008, Lucia became a certified Kripalu yoga teacher. Since 1998, she has taught MBSR to a wide variety of populations including mental health care professionals, frail elders and caregivers, college students, persons with HIV, those recently released from incarceration, and courses for the general population.

In addition to teaching MBSR, Lucia is a licensed clinical social worker in both New York and Maine. Following her graduation from Columbia University School of Social Work and Public Health, she developed a pioneering practice using mindfulness and complementary and alternative medicine (CAM) to improve the quality of life in community, hospital and nursing home settings. Her book Mindfulness-Based Elder Care, is based on her innovations in adapting mindfulness and complementary and alternative medicine for elders and their caregivers. She has published numerous articles in peer-reviewed journals and chapters in many books describing her adaptations of mindfulness. Her presentations have included national and international conferences. She regularly presents to and consults with institutional and community direct-care providers.

She is a freelance author, consultant and faculty at Columbia University School of Social Work. In addition, she teaches regular MBSR classes at Beth Israel's Center for Health and Healing and gentle yoga classes in New York City.

Speaker Disclosures:

Financial: Lucia McBee is an adjunct faculty for Columbia University School of Social Work. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Lucia McBee has no relevant non-financial relationship to disclose.



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MBSR Mindfulness  
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August 14 & 15, 2017

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MBSR Expert



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MBSR Mindfulness  
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“Learn MBSR as created by Jon Kabat-Zinn, Ph.D.,  
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- Give your clients the skills to live in the present, and put stress and pain behind them!

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# Outline

## Foundational Principles

The Origin of MBSR  
Goals and Principles  
Populations Served  
Assessment and Orientation  
MBSR Ground Rules  
Teacher competencies

## The Curriculum—Themes

Class 1-3 Grounding Mindfulness in the Body  
Class 4-5 Stress Reaction versus Response  
Class 6-7 Communication and Interpersonal Mindfulness  
Class 8 Summation and Bringing Mindfulness Home  
All Day Session

## Establishing Mindfulness Practices

Defining Mindfulness  
Introducing Mindfulness Experientially and Verbally  
7 Essential Attitudes in Establishing Mindfulness

## Establishing Intention and Commitment to Practice

Language —Using Gerunds and the Vernacular  
Leading an Awareness Exercise: The Raisin

## Guidance in Formal Mindfulness Practices

The Body Scan  
The Sitting Meditation with Awareness of Breath  
Yoga  
Walking Meditation  
Loving-Kindness Meditation  
Practice in Leading a Mindfulness Meditation

## Applying Mindfulness to Daily Life

Creating Home Practices  
Use of Homework  
The S.T.O.P.  
The Three Minute Breathing Space  
Awareness Exercises

## Clinical Issues: Working with Difficulties

The Process of Inquiry including Role Playing and Practice in Inquiry  
Working with Feeling  
Working with Pain and Stress  
Working with Anxiety and Panic  
Application of Neuro-Science Research

## Adaptations of MBSR for:

Depression  
Addictions  
Trauma  
Children and Adolescents

## Inter-personal Mindfulness and Communication

Akido for MBSR  
Use of Dyads  
Group Process  
Interface with Psychotherapy

## Live Workshop Schedule

for Both Days

**7:30** Registration/Morning Coffee & Tea

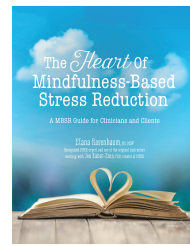
**8:00** Program begins

**11:50 -1:00** Lunch (*on your own*)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

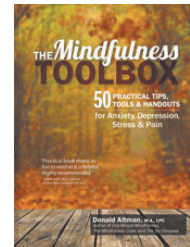
## Save by Including these Products with Registration!



### The Heart of Mindfulness-Based Stress Reduction A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness.



### The Mindfulness Toolbox

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

By Donald Altman, MA, LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.



### Mindful Reminders Card Deck: 52 Powerful Practices for Teens & Adults

By Mitch Abblett, Ph.D. & Christopher Willard, Psy.D.

Live your life more fully, reduce stress and remove distractions with the *Mindful Reminders Card Deck*. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life. Whether you are new to mindfulness practice, or whether you've been meditating for years, this deck offers fun, accessible reminders for bringing more mindfulness into your life.

\*Manage Stress and Anxiety \* Improve Focus \* Sleep Better\*



### Mindfulness Tools for Gay Men In Therapy A Clinician's Guide for Mind-Body Wellness

By Rick Miller, LICSW

*Mindfulness Tools for Gay Men in Therapy* is designed to free your clients from shame, find safety, peace, and be truly himself. International trainer, author and gay male psychotherapist, Rick Miller, LICSW, utilizes over 30 years of personal and clinical experience to deliver an interactive book that successfully integrates mindfulness, meditation and self-exploration to accelerate the power of therapy.

## Seminars Designed Especially for

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

In-Depth Practice  
is featured throughout  
the 2-day Workshop!

## Live Workshop Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.

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

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**OHIO CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

**COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**KENTUCKY COUNSELORS:** Please contact PESI, Inc. at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for information about continuing education credits for counselors.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**KENTUCKY MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 12.5 contact hours.

**OCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**OHIO SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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## Questions?

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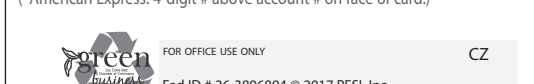
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