

Outline

Cognitive Behavior Therapy (CBT) and Depression Relapse

Triggers for cognitive vulnerability
Mood: Emotional vulnerability
Depression relapse, anxiety and stress
Rumination, worry, hopelessness, avoidance
Changing the relationship to thoughts and moods

The Characteristics and Components of Mindfulness

7 Attitudinal foundations of mindfulness
Suffering from a mindfulness perspective

Applying MBCT Skills with Clients

Focus and concentration to impact rumination, worry, hopelessness and avoidance
Skills that change the relationship of negative thoughts and mood states
Awareness, present experience, non-striving, acceptance, letting go
A meta-cognitive viewpoint: Highlighting the role that mood and cognitions have on perception
Patterns of conditioning in the body/mind that bring about the cycle of negativity
The role and nature of the body in reacting to the stress of psychopathology
Identifying physical sensations and perceptions in the body

Seminar Schedule:

7:30 a.m. Registration/Continental Breakfast
8:00 a.m. Program begins
11:50 a.m. - 1:00 p.m. Lunch (*on your own*)
4:00 p.m. Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Seminar Manual Included:

Each registrant will receive a copy of the seminar materials written by Susan Woods, MSW, LICSW. The manual is a handy guide during the seminar and a valuable reference afterward.

Hassle-Free Cancellation Policy:

If you contact us before the seminar date, you can exchange for a CD/digital manual package on the subject, a certificate to attend another PESI, LLC seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Symptoms of Depression, Anxiety and Stress from a Meta-Cognitive Standpoint

Thoughts are not facts
Un-coupling the narrative of depression, anxiety and stress

Developing a Relapse Action Plan

Practicing mindfulness skills regularly
Pleasure and mastery list

Developing a Personal Mindfulness Practice

How to establish a personal practice
Trainings
Consultation/supervision with experienced MBCT clinicians

Objectives

- 1 Explain the cognitive and emotional triggers of relapse in depression.
- 2 Recognize the role that rumination has in perpetuating negative thoughts and behaviors in Axis I Disorders.
- 3 Develop a present moment directed therapy for working with clients.
- 4 Identify mindfulness skills that create a compassionate platform for clients to experience themselves and their symptoms.
- 5 Create an action plan to help clients stay well.
- 6 Review the role of a personal mindfulness practice for the therapist.

Seminar on CD Package:

If you cannot attend this seminar, you can purchase this seminar on CD. You will receive a set of audio CDs that includes a digital copy of the seminar manual and post-test/evaluation. Colleagues can also listen and receive CEUs for a nominal fee. Check with your licensing board to see if self-study credits may be earned. Order today by using the order form on this brochure or by calling 800-844-8260.

Speaker

Susan Woods, MSW, LICSW is a mindfulness-based psychotherapist in private practice in Vermont. She works with individuals, couples, families and groups and is particularly interested in working with depression, anxiety and stress related conditions. She is extensively trained in the clinical application of mindfulness-based approaches and has been teaching mindfulness-based programs since 1997. Ms. Woods trains health professionals in MBCT and teaches a 5-day MBCT training retreat with Zindel Segal Ph.D., one of the founders of the MBCT program. She also leads a 7-day professional training retreat for experienced MBCT teachers.

Ms. Woods teaches Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) groups. She has taught at the Center for Mindfulness, University of Massachusetts Medical School and is certified by the Center for Mindfulness as an MBSR instructor. Ms. Woods has presented many workshops and seminars on the application of mindfulness-based skills and provides consultation and supervision in mindfulness-based approaches to mental health professionals and businesses. She is a published author in the training of health professionals in mindfulness and has been involved in MBCT clinical research projects.

Ms. Woods has a master's degree in social work from Columbia University and holds an advanced level post graduate certificate in clinical social work from New York University. Her professional training includes psychodynamic, cognitive behavioral and various body centered psychotherapies. She has been in practice since 1989, worked in a variety of clinical settings, been practicing yoga and meditation since 1981 and is a certified yoga instructor.

CREDIT INFORMATION:

If your profession is not listed, please contact your board to determine your continuing education requirements and check for reciprocal approval. Many boards will approve this seminar based on other board approvals shown here. PESI, LLC provides all attendees with documentation of attendance.

Please Note: Certificates for continuing education will be awarded to paid attendees only.

Psychologists: PESI, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI, LLC maintains responsibility for this program and its content. PESI is offering this activity for 6 hours of continuing education credit. Full attendance is required. No partial credit will be offered for partial attendance.

Counselors: PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. We adhere to NBCC Continuing Education Guidelines. This course qualifies for 6.25 contact hours.

Case Managers: This course has been awarded 6.0 clock hours by the Commission for Case Manager Certification. Full attendance is required.

Addiction Counselors: PESI, LLC is a Provider approved by NAADAC Approved Education Provider Program. Provider #: 366. This course qualifies for 7.5 contact hours. Full attendance is required. Partial credit will not be issued for partial attendance.

Nurses/Nurse Practitioners/Clinical Nurse Specialists: PESI, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. No partial contact hours will be issued for partial attendance.

Iowa Nurses: PESI, LLC, is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full Attendance at this course qualifies for 6.3 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors will recognize and accept continuing education programs that are sponsored by providers approved by the APA, NBCC and the ASWB. This course will qualify for 6.0 credits.

PENNSYLVANIA ADDICTION COUNSELORS: Please contact our customer service department for the most current information.

NEW JERSEY SOCIAL WORKERS: PESI, LLC, 1030, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/15/06-11/15/09. Social workers should contact their regulatory board to determine course approval. The New Jersey State Board of Social Work Examiners recognizes courses and providers that are approved through the ACE program by the ASWB. Social workers will receive 6.25 (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW JERSEY MARRIAGE & FAMILY THERAPISTS: The New Jersey State Board of Marriage and Family Therapy Examiners recognize courses whose providers have been approved by the NBCC (National Board for Certified Counselors). PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. This course qualifies for 6.25 contact hours.

NEW YORK SOCIAL WORKERS: PESI, LLC, 1030, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/15/06-11/15/09. Social workers should contact their regulatory board to determine course approval. The New York State Board for Social Work Examiners does not mandate continuing education credit. Social workers will receive 6.25 clinical continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

MARYLAND SOCIAL WORKERS: PESI, LLC, 1030, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/15/06-11/15/09. Social workers should contact their regulatory board to determine course approval. The Maryland State Board of Social Work Examiners, Department of Health and Mental Hygiene recognizes courses and providers that are approved through the ACE program by the ASWB. Social workers will receive 6.25 clinical continuing education clock hours in participating in this intermediate, Category 1 course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

MARYLAND MARRIAGE & FAMILY THERAPISTS: PESI, LLC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Provider #: 5896. The Maryland Board of Professional Counselors and Therapists recognizes courses and providers that are approved through the National Board for Certified Counselors. Maryland Marriage and Family Therapists will receive 6.25 Category A CEUs for full attendance at this course.

DELAWARE SOCIAL WORKERS: PESI, LLC, 1030, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. PESI, LLC maintains responsibility for the program. Licensed Social Workers should contact their individual state boards to review continuing education requirements for licensure renewal. The Delaware Board of Social Worker Licensure recognizes courses and providers that are approved through the ACE program by the ASWB. Delaware Social Workers will receive 6.25 continuing education clock hours in participating in this course.

DELAWARE MARRIAGE & FAMILY THERAPISTS: The Delaware Board of Mental Health and Chemical Dependency Professionals does not pre-approve providers or their courses. This course is designed to qualify for 6.00 clock hours based on 380 instructional minutes.

Seminar Planning Committee: *Relevant Content Expertise* - Susan Woods, MSW, LICSW; *Target Audience* - Cathy Moonshine, Ph.D., MAC, CADC II; Jill McCarthy, MSW, LCSW; *Senior Activity Planner* - Michael Olson, MS; *Nurse Planner* - Melissa Mitra, MSN, RN-BC

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MINDFULNESS-BASED COGNITIVE THERAPY: STRATEGIES FOR PREVENTING DEPRESSION RELAPSE AND TREATING AXIS I DISORDERS

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

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PLEASE RETURN ENTIRE REGISTRATION FORM

24/7 registration • visit www.pesi.com

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-5:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$60 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 1-800-844-8260.

Groups of 5 or more Call 800-844-8260 for discounts

ADA Needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

3 Check tuition: includes refreshments & seminar manual

TUITION WITH SEMINAR MANUAL

\$184.99 - choose one of the options below:

per person for 2 or more preregistering together - **or**
 single registration postmarked three weeks prior to seminar date

\$189.99 standard

\$46.00 *Mindfulness-Based Cognitive Therapy for Depression* book (distributed at seminar - saves you shipping cost!)

\$19.95 *Cultivating Lasting Happiness* book (distributed at seminar - saves you shipping cost!)

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

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See below for individual product orders

___ **Mindfulness-Based Cognitive Therapy** Seminar on CD* \$139 (CDR040985)

___ **Mindfulness-Based Cognitive Therapy for Depression** book* \$46.00 (SAM041185)

___ **Cultivating Lasting Happiness** book* \$19.95 (SAM012530)

Product total \$ _____

*Shipping is \$6.95 first item + \$2.00 each add'l item. *Shipping _____

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