

# Mindfulness Certificate Course

## 2-Day Intensive Training

Waynesburg, PA

featuring Dr. Bries Erik Deerrose

Waynesburg University  
March 23 & 24, 2019

### Seminar Information

**Registration:** 7:30am

**Start Time:** 8:00am (continental breakfast)

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

**End Time:** 4:00pm

**Tuition:** \$300 per person

**Location:** Waynesburg University  
Stover Campus Center 3rd Floor, 51 W. College St.  
Waynesburg, PA 15370

**To Register:** Register and pay at [waynesburg.edu/pesitraining](http://waynesburg.edu/pesitraining)

**Contact Info:** Sarah Bell  
sbell@waynesburg.edu  
724-852-7790

Registration/Cancellation by March 1, 2019

### Objectives

1. Describe how clear psychoeducational descriptions of the relationship between mindfulness, neurobiology, and common disorders can be used to motivate clients to engage in treatment.
2. Communicate how a case conceptualization that draws upon neuropsychological principles can help clinicians establish realistic expectations and goals with clients.
3. Formulate treatment plans for anxiety that incorporate mindfulness strategies clients can use in and out of session to help alleviate symptoms.
4. Dissect the neurobiological underpinnings of how emotions are created, and communicate why this is important to the therapeutic process.
5. Employ mindfulness training and diaphragmatic breathing techniques that clients can use to help them manage unhealthy anger responses.
6. Construct treatment plans for depression that incorporate mindfulness interventions that can be used to interrupt rumination and automatic negative thoughts.
7. Characterize how mindfulness based stress reduction techniques can be used with clients to address prolonged periods of stress that can impact mental and physical health.
8. Consider the clinical impact of research regarding the effects of mindfulness based practices on the neuropsychological aspects of trauma.
9. Explore the clinical implications of research regarding the association between mindfulness and relationship satisfaction and outcomes.
10. Establish how barriers to implementing mindfulness can be overcome using informal techniques clients can incorporate into their daily lives.
11. Characterize how clinical tools that increase self-awareness can be used in therapy to help clients better manage their thoughts, emotions and behaviors.
12. Articulate the importance of the connection between therapist and client in contributing to positive clinical outcomes, and delineate how mindfulness may enhance the therapeutic relationship.

### Speaker *Dr. Bries Erik Deerrose*

is a licensed, clinical psychologist in Denver, Colorado. He works as a consulting psychologist with the Department of Veterans Affairs and is a member of the National Register of Health Service Psychologists. He completed undergraduate and graduate work at Stanford University, Stanford Medical School, and the Pacific Graduate School of Psychology. He has been trained in Mindfulness Based Stress Reduction and has studied mindfulness experientially with His Holiness the Dalai Lama. He has seen the benefits of mindfulness incorporated into Acceptance & Commitment Therapy, Dialectic Behavior Therapy, and Cognitive Behavior Therapy for a range of presenting issues and clients. Dr. Deerrose has utilized mindfulness in clinical work across an array of settings, and focuses on empirical, research-informed practices. Dr. Deerrose is a co-founder of Workings of Wellbeing, a non-profit seeking to spread awareness of evidence-based psychological principles to enhance health, happiness, and work effectiveness. He has authored several publications and presentations and has provided numerous trainings on clinical, psychoeducational, and organizational topics. He is also an active member of the American Psychological Association and a committee chair for the Society of Consulting Psychology.

Speaker Disclosures:

Financial: Bries Erik Deerrose has an employment relationship with the Department of Veterans Affairs. He receives a speaking honorarium from PESI, Inc.

Non-financial: Bries Erik Deerrose is a member of the American Psychological Association.

# Program Outline

## MASTER THE CORE SKILLS OF MINDFULNESS

### Treatment Concepts

Introduction of mindfulness to clients  
Mindfulness as self-directed neuroplasticity  
Mindfulness as a skill-based path  
Reconsolidation of neural networks through mindfulness practice

**Experiential exercise:** *self-regulation techniques*

### Strengthening Therapeutic Presence

Benefits of therapeutic presence: presence, attunement, resonance, trust  
Stabilize the mind: the foundation of focus  
Self-regulation: the foundation of settledness  
Spaciousness: the foundation of openness

### Five Core Skills of Mindfulness

Clarify, set and re-affirm intention  
Cultivate witnessing awareness: metacognition  
Stabilize attention  
Strengthen self-regulation

Practice loving-kindness for self and others

**Experiential exercise:** *stability of attention and awareness*

### Neuroscience and Mindfulness

Effective drivers of neuroplasticity  
Interpersonal neurobiology: importance of early experiences  
Formation of mental models: core negative beliefs  
Neuroception and the operation of the brain's survival mechanisms

Explicit and implicit memories

Adaptive safety strategies: negative side effects

**Experiential exercise:** *cultivate an inner refuge*

### Mindfulness Practices

Themes in beginning mindfulness practice  
Am I focused or distracted?  
Am I settled/grounded or tight/churning?

Mindful transitions: a practice for new clients

Stop-breathe-reflect-choose practice

Development of client self-talk, scripts and mantras

Positive visualization practice

Cultivate a new vision of self: transform core negative beliefs

## TRAUMA, ANXIETY, DEPRESSION, RELATIONSHIPS, ANGER, STRESS AND SEX

### Mindfulness for Trauma

Cultivate safety and groundedness  
Retrain the dysregulated nervous system

**Experiential exercise:** *positive visualization*

### Mindfulness for Anxiety

Witness the anxious mind

Get unstuck from anxious rumination

**Experiential exercise:** *self-regulation practices for anxiety*

### Mindfulness for Depression

Transform core negative beliefs that power depression

Cultivate motivation and action

**Experiential exercise:** *develop behavioral plans with the client*

### Mindfulness for Relationships

Clarify intentions that work in relationships

Transform unhealthy patterns

**Experiential exercise:** *cultivate positive experiences/exchanges*

### Mindfulness for Anger

Understand the source of anger energy

Identify the anger storm

Clarify the practice when anger arises

**Experiential exercise:** *rehearsal of the Stop-Breathe-Reflect-Choose practice*

### Mindfulness for Stress

Educate the client about the impact of stress

Change the stress reaction through practice

**Experiential exercise:** *strengthen awareness of stress response, shifting to relaxation response*

### Mindfulness for Sex

Create conditions for healthy and mutually satisfying sex

Open to the full power of sexual intimacy

### Mindfulness In-Session

Avoid compassion fatigue

Approach each session as meditative practice

Counsel "in the flow"

**Experiential exercise:** *path to enjoying our work more meditation practice*

## Research, Limitations and the Potential Risks of Mindfulness in Treatment

Current state of research on mindfulness

Limits of the current research

Mindfulness-based treatments – potential risks and limitations

The importance of client evaluation

Practices beyond your training and experience

**Target Audience:** Counselors • Social Workers • Psychologists • Marriage and Family Therapists Occupational Therapists  
Addiction Counselors • Case Managers • Therapists Nurses • Other Mental Health Professionals

## Continuing Education Credits

**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 this programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**PENNSYLVANIA ADDICTION COUNSELORS:** Please contact our customer service department for the most current information. \*\*No PA ADD available for programs held outside of PA\*\*

**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.

**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.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. 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 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**OCCUPATIONAL 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:** This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**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 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 Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

**PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS:** This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

