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Yoga & Mindfulness:

Clinical Interventions for Anxiety & Depression

Learn why these two practices are so successful and growing in popularity where prescription drugs are unsuccessful and/or undesired.

Featuring **Mary NurrieStearns, MSW, LCSW, RYT**

RALEIGH, NC
May 19, 2010

WINSTON-SALEM, NC
May 20, 2010

CHARLOTTE, NC
May 21, 2010

Yoga & Mindfulness:

Clinical Interventions for Anxiety & Depression



Featuring **Mary NurrieStearns, MSW, LCSW, RYT**
author of *Yoga for Anxiety*

- Understand the neuroscience behind these evidence-based therapies
- Improve client outcomes in battling mood disorders
- Discover specific tools for healing anxiety and depression
- Explain specific yoga practices & sequences to treat anxiety and depression

Learn why these two practices are so successful and growing in popularity where prescription drugs are unsuccessful and/or undesired.

RALEIGH, NC
Wednesday, May 19, 2010

WINSTON-SALEM, NC
Thursday, May 20, 2010

CHARLOTTE, NC
Friday, May 21, 2010



CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Yoga & Mindfulness:

Clinical Interventions for Anxiety & Depression

The transformational practices of yoga and mindfulness soothe the body and quiet the mind. They rewire your thinking mind, teach you how to live in the present moment and help you be more comfortable in your body. Science clearly shows they are powerful clinical tools that heal depression and anxiety. Sensible and compassionate, these practices empower clients, enhance the professional relationship and heal client and clinician alike.

Join Mary NurrieStearns, clinical social worker, yoga expert and author, for this highly informational and experiential day. You will take home the skills to use these powerful approaches to improve client outcomes—and feel renewed as a clinician as well. Learn why these two practices are so successful and growing in popularity where prescription drugs are unsuccessful and/or undesired.

Mary NurrieStearns teaches what she lives, credits these practices for profound personal healing and embodies the qualities of wholeness that spring from long term practice of yoga and meditation. She has trained thousands of clinicians in the practices of yoga, meditation, mindfulness and self-acceptance.

This seminar is designed for people of all skill levels. You **DO NOT** need to be experienced with Yoga to be able to integrate its benefits with clients.

***Include these books with your seminar registration and SAVE!**



Yoga for Anxiety

By **Mary NurrieStearns, MSW, LCSW, RYT & Rick NurrieStearns**

According to yogic philosophy, there are five causes of suffering: separation from the spiritual, limited self-concept, attachments, aversions, and fear of death. With this philosophical contextualization, *Yoga for Anxiety* examines the causes of anxiety and helps readers create personal yoga programs designed to heal their symptoms and promote personal growth.

The book includes yoga self-healing practices, including meditation, self-inquiry exercises, and recitation of mantras, that have been used for centuries to quell anxious feelings and restore mental clarity. A chapter devoted to mindfulness helps readers learn to pause and regroup when they feel stressed instead of acting on their thoughts. Readers will also learn to accept their emotions and develop compassion for themselves as they learn to do away with the feelings of anxiety.



Cultivating Lasting Happiness:

A 7-Step Guide to Mindfulness

By **Terry Fralich**

PESI presenter, educator and clinician Terry Fralich offers readers a practical, step-by-step approach to understanding mindfulness. With his personal and engaging style, Terry presents a comprehensive and well-organized set of techniques. The material will enable clinicians to refine their use of "the seven steps of mindfulness" and to bring the inspiration of mindfulness more fully into their client's lives as well as their personal lives. User-friendly features include illustrative case examples, practice exercises and resource listings.

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If you are interested in becoming a PESI speaker or have a new topic idea, please contact **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

Outline

Embracing the Evidence-Based Practices

- Delving into the neuroscience
- Healing power of yoga & mindfulness
- Focusing on present moment experience

Yoga & Mindfulness: The “Thinking Mind” and Clinical Interventions

- Learning to be less reactive to thoughts of worry and negativity
- Recognize the painful story of identity and develop healthy sense of self
- Discover effects of thoughts on body and emotions
- Substitute life-enhancing thoughts for injurious thoughts
- Yogic goal setting to guide therapy—empower the client

Using Yoga: The Physical Body & Clinical Interventions

- The relationship of mood and breath
- Breathing practices for depression
- Breathing practices for anxiety
- Simple yoga practice for depression
- Simple yoga practice for anxiety

Self-Healing Strategies as Therapeutic Skills

- Nonviolence—recognize critical self-talk and learn self-nurturance
- Radical self-acceptance—compassionately accepting what is
- Power of naming what is
- Self-inquiry—journaling for understanding and support
- Clinical applications for reduction of anxiety and depression

Meditation & Mindfulness Therapy

- Creating capacity to concentrate and clinical applications
- Creating capacity to witness and clinical applications
- Use of mantra to treat depression and anxiety
- Dealing with intense emotions
- Finding comfort in the present moment

Speaker

Mary NurrieStearns, MSW, LCSW, RYT has over 29 years’ experience as a clinical social worker and has been a yoga practitioner and meditator since 1990. She has maintained a private practice in counseling since 1988. An advance level yoga teacher, she conducts workshops on yoga and mindfulness, teaches meditation classes and facilitates meditation and yoga retreats.

Mary served as editor of *Personal Transformation*, a magazine on psycho-spiritual growth and has been immersed in consciousness studies for 20 years, working with the country’s leading authors and healers in transpersonal psychology, yoga and spirituality. She is author of several articles, co-edited the book, *Soulful Living* and is co-author of the book *Yoga for Anxiety* (New Harbinger) published in fall 2009. She has produced CDs on profound self-acceptance and mindfulness.

A seasoned and light hearted presenter, Mary is a popular speaker at professional conferences on mental health. Her wealth of clinical information and profound understanding of yogic practices transform into powerful and easy to apply skills for mental health professionals. You will leave the seminar with something for yourself and your clients.

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.

TARGET AUDIENCE

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

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.

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

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 activity qualifies for 6.25 contact hours.

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 6.0 hours of continuing education credit. Full attendance is required to receive credit; variable credit for partial attendance may not be awarded based on the APA guidelines.

ADDITION COUNSELORS: PESI, LLC is a Provider approved by NAADAC Approved Education Provider Program. Provider #: 366. This activity qualifies for 7.5 contact hours. Full attendance is required to receive credit; variable credit for partial attendance may not be awarded.

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: November 15, 2009-November 15, 2012. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6.25 (Clinical) continuing education clock hours in participating in this course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Course Level: All Levels.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 380 minutes 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.

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

This activity qualifies for 6.0 contact hours. Full attendance is required; variable credits may not be awarded.

OTHER PROFESSIONS: This seminar qualifies for 6 continuing education clock hours 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.

Seminar Planning Committee: *Relevant Content Expertise* - Mary NurrieStearns, MSW, LCSW, RYT; *Target Audience* - Cathy Moonshine, Ph.D., MAC, CADC III, Jennifer Craig, LCSW, BCD, Connie Callahan, Ph.D.; *Senior Activity Planner* - Michael Olson, MS; *Nurse Planner* - Melissa Mitra, MSN, RN-BC

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- ___ *Yoga & Mindfulness* Seminar on CD*
\$139.99 (CDR011550)
- ___ *Yoga for Anxiety* book* \$17.95 (SAM041690)
- ___ *Cultivating Lasting Happiness* book*
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Objectives

- 1 Describe how yoga and mindfulness treat anxiety and depression.
- 2 Explain specific yoga practices & sequences to treat anxiety and depression.
- 3 Demonstrate how to stabilize breath and impact mood.
- 4 Implement strategies that rewire the thinking brain.
- 5 Apply compassion and nonviolence as clinical interventions.
- 6 Describe yoga practices that promote healing and improve mental health.

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 CEs 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.

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.