

— 2-Day —  
**NEUROSCIENCE  
 & MINDFULNESS**  
 for Transformational Healing

Understanding the neuroscience of trauma and healing and associated evidenced-based clinical skills for treating anxiety, trauma and shame brings safety and healing to clients with painful histories. Knowledge of the impact trauma has on the body as well as the mind, along with mind/body interventions for treatment, is essential to healing. Set your clients on a path of long-term recovery and resilience with psychoeducation and skills to heal old patterns. You want a “go to” set of tools that you can teach them to easily access regardless of what is causing them distress.

Join noted expert **Mary Nurriestearns, MSW, LCSW, C-IAYT** for 2 days of rich exploration into how neuroscience psychoeducation and clinical applications, and evidence-based mind-body interventions are invaluable for treating trauma, shame and anxiety. You will take away accessible clinical skills for safely approaching trauma, body/mind interventions for anxiety, self –compassion practices for healing unworthiness, brain psychoeducation to reduce shame, and mindfulness interventions for thoughts associated with trauma and shame.

Change the trajectory of your clients’ lives. Equip them with tools they can rely on time and time again for healing.

**Live Webcast Details and Live Webcast Continuing Education Credit Information**

**Join us on April 21 & 22, 2020, for this live, interactive webcast!**

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/79008](http://www.pesi.com/webcast/79008)

Questions? Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://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 Josh Lindblad at [jlindblad@pesi.com](mailto:jlindblad@pesi.com) or call 715-855-5234.

**Outline**

**NEUROSCIENCE EDUCATION AND PRACTICES FOR HEALING ANXIETY AND TRAUMA**

Neuroplasticity—your brain’s ability to organize and learn  
 The triune brain  
 Primary emotional motivators  
 Polyvagal nerve theory and clinical applications  
 Negativity bias of your brain  
 Savoring the good and affiliation system of the brain  
 Social brain: causes and conditions  
 Default mode network, salience network and central executive network of the brain  
 Window of tolerance psychoeducation and clinical applications  
 Neuroscience exercises for clinical use

**EMOTIONAL STABILIZATION SKILLS—THE FIRST TASK IN TRAUMA TREATMENT**

Importance of including the body in stabilization  
 Body scan and sensory input for stabilization  
 Mindful breathing practices  
 Emotional Freedom Technique  
 Practice leading mindful breathing exercises and simple movement  
 Clinical examples of emotional stabilization skills

**MINDFULNESS-BASED INTERVENTIONS FOR:**

**Confronting Trauma-Based Negative Thoughts**

Nonjudgmental observing of thoughts  
 Naming— write thoughts down  
 Recognize, distance and dis-identify from narrative of self-identity  
 Relate to the voice of the inner critic with mindful compassion and redirection  
 Address negative thoughts regarding chronic pain  
 Nourishing wholesome thoughts to undo thought patterns of trauma –r epetition and concentration

Habit tendencies and neuronal pathways  
 Accessing beneficial memories  
 Clinical examples of relating to thoughts therapeutically

**Alleviating Distressing Emotions**

Approach, not avoid, emotions safely with mindfulness  
 Be there for grief  
 Comfort pose and self-love mantra  
 Emotional Freedom Technique for client self-care  
 Clinical examples of treating distress with mercy

**Increasing Self-Compassion and Emotional Resilience for Trauma and Anxiety Resolution**

Recognize the power of inner voices  
 Mindfulness interventions for developing self-compassion  
 Who has seen your goodness? – restoring trust  
 Teachers of compassion  
 The voice of the inner friend  
 Three-part self-compassion note  
 Offering loving kindness to any inner aspect that feels not deserving  
 Compassion for the inner critic  
 Clinical examples of utilizing self-compassion

**Treating Trauma-Based Shame**

Repair unworthiness with mindfulness-based interventions  
 Impact of shame on the brain – default network and pain system  
 The physiology of shame  
 Differentiate among shame, defiance, and noble posture  
 Narrative of unworthiness  
 Create a new narrative of self  
 Clinical examples of treating unworthiness and shame

Don't Miss!  
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— 2-Day —  
**Neuroscience  
 & Mindfulness**  
 for Transformational Healing  
**Life-Changing Tools in the Battle  
 Against Anxiety, Trauma and Shame**

**Melville, NY**  
 Tuesday & Wednesday  
 April 21 & 22, 2020

**Live Video Webcast**  
 Tuesday & Wednesday  
 April 21 & 22, 2020

**Manhattan, NY**  
 Thursday & Friday  
 April 23 & 24, 2020

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— 2-Day —  
**Neuroscience  
 & Mindfulness**

**for Transformational Healing**

**Life-Changing Tools in the Battle  
 Against Anxiety, Trauma and Shame**

- Neuroscience psychoeducation to reduce self-loathing
- Emotional stabilization skills to begin the trauma recovery journey
- Mindfulness techniques for undoing negative thought patterns
- Creation of a new self-narrative to repair trauma-based shame

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# Meet Your Speaker

## Mary NurrieStearns, MSW, LCSW, C-IAYT, E-RYT 500,

is a licensed clinical social worker with four decades of professional experience. She maintains a counseling practice in Tulsa, Oklahoma with a specialty in treating adults with histories of childhood trauma. She has thirty years of training in mindfulness, is a certified trauma-informed yoga therapist, and has trained in clinical applications of Emotional Freedom Technique. Mary is author of numerous articles on psycho-spiritual growth, co-author of *Yoga for Anxiety, Yoga for Emotional Trauma, Yoga Mind, Peaceful Mind* and co-editor of *Soulful Living*. She is the author of the book, *Healing Anxiety, Depression and Unworthiness: 78 Brain-changing Mindfulness and Yoga Practices* (2018). Mary teaches seminars to mental health professionals across the USA and along with her husband, conducts retreats on the transformative, mind-body healing practices of yoga and meditation. She credits mindfulness-based practices for significant healing in her own life.

### Speaker Disclosure:

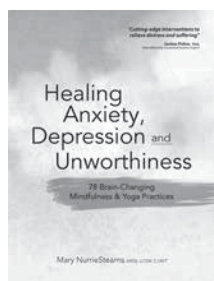
Financial: Mary NurrieStearns maintains a private practice. She receives royalties as an author for New Harbinger's Publishing. Ms. NurrieStearns receives a speaking honorarium from PESI, Inc.

Non-financial: Mary NurrieStearns has no relevant non-financial relationship to disclose

# Objectives

1. Articulate emotional motivation systems of the brain as they pertain to clients who have experienced trauma and mindfulness practices for healing.
2. Distinguish between the default network, salience network and central executive network and utilize this information for client psychoeducation.
3. Articulate negativity bias in the brain as it relates to clients who have experienced trauma and therapeutic mindfulness intervention.
4. Explain Polyvagal theory and implications for resources for emotional regulation.
5. Explain the social brain and use of interpersonal neurobiology that activates the affiliation system of the brain to decrease sense of isolation and not being loved.
6. Establish the necessity of including the body in emotional regulation and teach body-based clinical skills of breathing, body scan and body movement for regulation.
7. Describe use of Emotional Freedom Technique to help clients with emotional stabilization.
8. Demonstrate components of mindful self-compassion for treating unworthiness and confronting the "inner critic."
9. Explore mindfulness techniques for helping clients address negative thoughts regarding chronic pain.
10. Explain use of mindful awareness and choice as a clinical tool for clients to dis-identify from a narrative of unworthiness.
11. Demonstrate use of body awareness and movement to heal the physiology of shame.
12. Consider the clinical impact of research regarding the effects of mindfulness-based practices on the neuropsychological aspects of trauma.

## Save by including these products with registration!



### Healing Anxiety, Depression and Unworthiness

78 Brain-Changing Mindfulness & Yoga Practices

By Mary NurrieStearns, MSW, LCSW, RYT, *Your Speaker*

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance.

Mindfulness and yoga authority Mary NurrieStearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.

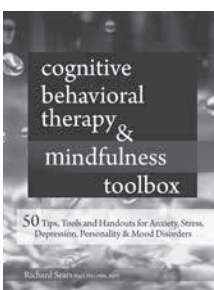


### Daily Meditations for Healing and Happiness

52 Card Deck

By Mary NurrieStearns, MSW, LCSW, RYT, *Your Speaker*

Transform your life with meditations for healing and happiness. This unique card deck gives you 52 simple meditations to connect you to the present moment, cultivate happiness, take loving care of your emotions, enhance your wellbeing, and develop gratitude. Select a card each day for a relaxing and renewing meditation.



### Cognitive Behavioral Therapy & Mindfulness Toolbox

50 Tips, Tools and Handouts for Anxiety, Stress, Depression, Personality and Mood Disorders

By Richard Sears, PsyD, PhD, MBA, ABPP

Clinical psychologist and mindfulness expert Dr. Richard Sears has created a practical, engaging skills manual that clearly defines the principles of CBT and then demonstrates steps for integrating mindfulness practices into therapy — all drawing from the latest research. Straight-forward explanations and dozens of worksheets provide fresh insights and new tools to move therapy forward when treating stress, anxiety, panic, depression, pain, trauma, addictions, and other issues.

[More info and resources at www.pesi.com](http://www.pesi.com)

## Target Audience

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

PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*



## Course & Webcast Schedule

(each day) (Times listed in Eastern)

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

**8:00** Program begins

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

**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.

## Group Discounts Available!

Call 800-844-8260

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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## Course Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 profession's standards.

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

**ADDITION 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.

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

**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.

**NEW JERSEY 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.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**NURSES, NURSE PRACTITIONERS, AND 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.

**NEW JERSEY PSYCHOLOGISTS:** CE credit is available. This course consists of 12.5 continuing education credit hours for New Jersey Psychologists.

The New Jersey Administrative Code, Title 13 Law and Public Safety, Chapter 42, Board of Psychological Examiners, Section 13:42-10.21 Continuing Education Programs, confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 12.5 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**NEW YORK PSYCHOLOGISTS:** This live activity consists of 760 minutes of continuing education instruction and is related to the practice of psychology.

**SOCIAL WORKERS:** 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, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice 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.

**NEW JERSEY SOCIAL WORKERS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/78756](http://www.pesi.com/events/detail/78756).

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 15.0 contact hours. 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.

# REGISTRATION FORM

**2-DAY: NEUROSCIENCE & MINDFULNESS FOR TRANSFORMATIONAL HEALING: LIFE-CHANGING TOOLS IN THE BATTLE AGAINST ANXIETY, TRAUMA AND SHAME**

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• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

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