

# 2 Day Certificate Course

# MBSR Mindfulness Based Stress Reduction

Cayuga Addiction Recovery Services

## Monday, September 17 & Tuesday, September 18, 2018

### Seminar Information | Both Days

**Start Time:** 9:00am

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

**End Time:** 5:00pm

#### Location

Borg Warner Room, Tomkins County Public Library

#### To Register Contact

William J. Rusen, LMSW - [brusen@carsny.org](mailto:brusen@carsny.org)

#### Tuition

\$249.99 (both days)

*Refunds will be issued only if requested at least 7 days prior to the scheduled training date.*

### 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 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's 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 currently a freelance author, consultant and faculty at Columbia University School of Social Work.

#### 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.

### Objectives

1. Present the core beliefs of Mindfulness Based Stress Reduction (MBSR) as they relate to clinical treatment.
2. Ascertain the meaning of mindfulness and provide psychoeducation to clients regarding its use for reducing stress and improving mental health.
3. Implement various mindfulness practices utilized to decrease stress and improve symptomology.
4. Teach clients how to integrate specific informal mindfulness interventions into their daily lives to alleviate symptoms and improve level of functioning.
5. Utilize breathing exercises as an intervention to refocus attention and interrupt negative thoughts and ruminations.
6. Practice the process of inquiry and evaluate its ability to enhance client insight and reduce stress.
7. Articulate the effectiveness of MBSR techniques in treating pain, stress, anxiety and panic in clients.
8. Evaluate the use of interpersonal mindfulness in facilitating effective communication and increasing awareness in the client.
9. Appraise the applicability of neuroscience research to stress reduction and ascertain its clinical implications.
10. Determine specific adaptations of MBSR practices that can be utilized to treat symptoms of anxiety, depression, addiction and trauma.
11. Establish MBSR practices that are developmentally appropriate and effective for children and adolescents.
12. Articulate the methods by which MBSR can be interfaced with psychotherapy practices to improve clinical outcomes.

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

This educational event brought to you by Cayuga Addiction Recovery Services and is presented by PESI, Inc.

*Hurry! Registration Deadline is*  
**Friday, September 7th.**

# 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

## Limitations of Research and Potential Risks

- Various definitions of mindfulness
- Research validity and reliability
- Client may experience initial increase in symptoms
- Special considerations for severe mental illness

### Continuing Education Credits - for both days

**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.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been approved by OASAS for 12.5 clock hours toward Renewal for CASAC, CPP or CPS. Board required certificates will be sent after the program.

**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 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.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** 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.

**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:** 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 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.

**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.



### CAYUGA ADDICTION RECOVERY SERVICES TRAINING INSTITUTE REGISTRATION FORM

Name of Training Program: 2 Day Certificate Course - MBSR: Mindfulness Based Stress Reduction

Training Dates: September 17 & 18, 2018 - Training Location: Tompkins County Public Library Borg Warner Room Cost: \$249.99 per person for both days

Name: \_\_\_\_\_ Agency: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone No. \_\_\_\_\_ Fax No. \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

Would you like a confirmation of registration? Yes  No   
 Preferred method of notification Fax  Email

\*\*\*\*\*Payment information\*\*\*\*\*

Payment is due and payable at the time of registration. Admission to the training program will not be permitted unless the registration fee has been paid. If paying by credit card, sign the credit card authorization below, then fax, mail or e-mail this form at least one week prior to the scheduled training date. If alternate payment arrangements are necessary, please contact the CARS Business Office at 607-391-1045.

Please indicate payment choice:

Check enclosed for \$249.99 (payable to Cayuga Addiction Recovery Services Training Institute)

Charge to my credit card: Type of credit card:  VISA  Mastercard  
 Credit Card Number \_\_\_\_\_ Exp Date: \_\_\_/\_\_\_/\_\_\_

Signature of Authorized Cardholder \_\_\_\_\_

Refund Policy: Refunds will be issued only if requested at least 7 days prior to the scheduled training date.

Questions: E-Mail us at [brusen@carsny.org](mailto:brusen@carsny.org)

Mail to: Cayuga Addiction Recovery Services Training Institute PO Box 724 Trumansburg, NY 14886 Phone: 607-391-1045 Fax: 607-387-5526