

Can't Get There?
Watch the **Live Webcast!**

Yoga & Mindfulness

Mind-Brain Change
in Clinical Practice

Featuring C. Alexander Simpkins, Ph.D.
& Annellen M. Simpkins, Ph.D.

LIVE VIDEO
WEBCAST

March 17, 2011

online.pesi.com

CONNECTING KNOWLEDGE
WITH NEED SINCE 1979



Guarantee:

Your satisfaction is our goal... and our guarantee!
If you are not satisfied with this seminar, we'll make it right.

www.pesi.com

PRSR-T STD
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32728

79658/MS



Yoga & Mindfulness: Mind-Brain Change In Clinical Practice

This seminar will give you a tour of the brain, the latest clinically relevant research on yoga treatments, and the latest neuroscience findings on how yoga changes the brain, mind and body. You will gain immediately usable tools to integrate directly into your practice. Join leading yoga experts, authors, and clinicians C. Alexander Simpkins, Ph.D., and Annellen Simpkins, Ph.D. and take home new interventions that reduce client anxiety, depression, addiction, and impulse control disorders. Learn new mindful techniques of awareness and sensitive mind-body attunement to keep your clients in the present moment and help them recover their natural balance.

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.

Yoga is one of the oldest and most comprehensive healing systems. Contemporary neuroscience research has found that yoga methods offer experiences to rebalance the mind-brain system and improve self-regulation.

Included are a variety of breathing exercises, a set of simple standing and chair-sitting postures, and a sophisticated array of mindfulness and meditation exercises. You will be guided step-by-step to experience the techniques for yourself. With cases to illustrate and protocols for common psychological problems, you will learn how to apply these valuable methods with your clients. Flexibly meeting the special needs of each person is one of the hallmarks of an effective therapist, and this seminar will guide in how to creatively individualize techniques for different individuals, problems and populations.

Mind-Brain Change in Clinical Practice

Featuring Yoga, Mindfulness & Meditation Experts, Trainers and Authors
C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.

Neuroscience meets ancient mind-body wisdom to heal:

- Anxiety & stress
- Depression
- Addiction
- Impulse problems

TRUMBULL, CT

Wednesday, March 16, 2011

LIVE VIDEO WEBCAST

Thursday, March 17, 2011

CROMWELL, CT

Thursday, March 17, 2011

WARWICK, RI

Friday, March 18, 2011



Mind-Brain Change in Clinical Practice

Featuring Yoga, Mindfulness & Meditation Experts, Trainers and Authors
C. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.

TRUMBULL, CT

Wednesday, March 16, 2011

CROMWELL, CT

Thursday, March 17, 2011

LIVE VIDEO WEBCAST

Thursday, March 17, 2011

WARWICK, RI

Friday, March 18, 2011

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



Meditation and Yoga in Psychotherapy

By Annellen M. Simpkins and Alexander Simpkins

Meditation and Yoga in Psychotherapy is an inspiring "how-to" guide grounded in the neuroscientific and clinical evidence that supports the use of meditation and other yoga practices to improve clients' mental health.

Filled with vivid case examples and writings from renowned yoga masters, Meditation and Yoga in Psychotherapy encourages a therapeutic process in which clients move their attention from outside concerns to inner mindfulness. With a range of techniques that embrace the diversity and uniqueness of clients, this book offers methods to creatively individualize techniques for a wide variety of presenting problems.



The Dao of Neuroscience

By C. Alexander Simpkins, Ph.D., & Annellen Simpkins, Ph.D.

Neuroscientists have made huge advances in our understanding of the brain, and yet as scientists learn more, paradoxes arise. How does the brain—a material substance—relate to and produce nonmaterial thoughts and emotions? What explains the research showing that non-rational, unconscious experiencing can sometimes be more accurate than deliberate, conscious thought? The resolution of these paradoxes has important implications for all the helping fields, suggesting new approaches to mind-brain-body change.

Dao is an ancient Eastern method, a way or path for exploring and learning. From the Eastern perspective, everything has its Dao, or "way", even the brain. By weaving together this and other Eastern traditions (including Yoga, Buddhism, Zen) and Western science, new understandings previously not considered emerge. The Dao of Neuroscience is an insightful introduction to these traditions which sheds new light on the relationship between the mind and the brain.

As we learn the Dao of neuroscience, we come to understand the brain's most optimal ways of functioning and how to facilitate its natural processes toward health, happiness, and fulfillment.

The nation's top speakers and authors contact Premier Education Solutions first.

If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.

Outline

Research

- Historical development of yoga research
- Efficacy
- Healing factors
- Neuroscience

A Tour through the Brain: What Clinicians Need to Know

- Review of brain structures from neurons to pathways to functions
- How yoga breathing, mindfulness and meditation alter the nervous system
- Neuroplasticity and neurogenesis, and how therapists can activate the brain for change using these methods

Yoga System

- Introduction to the West from great teachers
- Key theories
- Primary practices
- Cognitive, emotional and behavioral correlates for each practice

Clinical Applications

- Principles for treatment: Integration & individualizing
- Applying yoga methods in therapy with case examples and treatment protocols
 - Depression, moods and emotional control
 - Addiction and impulse problems
 - Anxiety

- Stress reduction: For clients and for therapists
- Adapting these methods with children
- Modifying these approaches for seniors

Experiencing the methods

Developing mind-body tools

- Attention
- Visualization
- Body tools
- Relaxation
- Mind-body link

Experiencing classic mindfulness and meditation methods with instruction on how to apply in treatments

- Cognitive reframing: Yamas & Niyamas
- The seat of awareness: modified chair-sitting and standing Asana postures
- Meditation methods

Bringing it all together: body, breathing and mind

Live Seminar & Webcast schedule (Times listed in EST)

- 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.

Objectives

- 1 Discover the latest neuroscience findings on how yoga changes the brain.
- 2 Improve client treatments for stress, anxiety, depression and impulse problems.
- 3 Open a new yoga frame of reference for powerful cognitive reframing.
- 4 Learn special applications for the very young, the very old and every age in between!
- 5 Gain new skills in well-researched breathing, mindfulness and meditation methods

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a CD or DVD/digital manual package on the subject, a certificate to attend another Premier Education Solutions seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Speaker

C. ALEXANDER SIMPKINS, PHD, and **ANNELLEN M. SIMPKINS, PHD**, are psychologists specializing in meditation, hypnotherapy, and neuroscience. The Simpkins are authors of 24 books, many of them bestsellers. Their most recent books are *Meditation and Yoga in Psychotherapy: Techniques for Clinical Practice* (Wiley, 2010), *The Dao of Neuroscience* (Norton, 2010), *Meditation for Therapists and Their Clients* (Norton 2009) and *Neuro-Hypnosis* (Norton, 2010). Their books have more than 20 foreign editions and have won numerous awards.

Dr.'s Simpkins have been practicing psychotherapy for more than three decades, and have taught their meditative and hypnotic methods to facilitate mind-brain change to people of all ages. They have been involved in neuroscience for more than a decade, and teach Tae Chun Do, a martial art that includes yoga mindfulness, meditation, and breathing to address mind, body and spirit. They present seminars at professional conferences, state mental hospitals, university campuses and to popular audiences and have appeared on radio programs through out the United States and Canada. They have performed psychotherapy research and have met personally with psychotherapy masters, including Milton H. Erickson, Jerome D. Frank, Carl Rogers, Lawrence Kubie and Ernest Rossi. Their Eastern philosophy influence along with their commitment to continual learning and therapeutic effectiveness has helped them to look at things through the crystal of a unique vision, which they bring to you with warmth and clarity in their books and seminars.

Seminar on CD or DVD Package:

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

TARGET AUDIENCE

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

LIVE SEMINAR & WEBCAST CONTINUING EDUCATION 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.

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.

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.

MASSACHUSETTS SOCIAL WORKERS: PESI, LLC has submitted an application to the Massachusetts local chapter of the NASW. You must attend at least 80% of the seminar to receive a certificate of attendance. Please contact our customer service department for the most current information.

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

MARRIAGE & FAMILY THERAPISTS: This course consists of 6.0 clock hours. Credits vary per state/board regulations. PESI, LLC is approved with all 50 states for MFT credits except for FL, KY, LA, MA, MN, NM, NV, OH, OK, RI, and WI. If you have need MFT credits in one of those states listed, please contact cespi@pesi.com or call Customer Service at 800-844-8260 for PESI, LLC prior to the seminar to submit an application on your behalf.

MASSACHUSETTS AND RHODE ISLAND MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

ADDICTION 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.

CONNECTICUT ADDICTION COUNSELORS: This course has been submitted to the Connecticut Certification Board for review.

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

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: Premier Education Solutions, Powered by PESI is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs. 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.

NURSES: 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.

OTHER PROFESSIONS: This seminar qualifies for 6.0 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.

On-site education ... designed for you!

Let us bring customized, professional training to **your** workplace, for **your** staff, at **your** convenience, at a **reasonable** price.

www.pesi.com/inhouse



International Association of Trauma Professionals™
A membership association providing trauma professionals with state-of-the-art training, education, certification and research.

Join Today & **SAVE!**

Benefits & more info at www.TraumaProfessional.net

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

YOGA & MINDFULNESS:
MIND-BRAIN CHANGE IN CLINICAL PRACTICE

ONLINE

LIVE SEMINAR: www.pesi.com

LIVE WEBCAST: online.pesi.com

PHONE 800-844-8260
Please have credit card available

FAX 800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

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

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

Entering your MAIL Code also enters your name into a monthly drawing for free seminar passes!

For your convenience, confirmations are sent via email.

2 Check location: (*make copy of locations*)

TRUMBULL, CT
March 16, 2011 79658TRU
Trumbull Marriott
180 Hawley LN. • 06611
(203) 378-1400

LIVE WEBCAST
March 17, 2011 79658PLW
Live in your home or office!

CROMWELL, CT
March 17, 2011 79658CRO
Courtyard by Marriott
4 Sebeth Dr. • 06416
(860) 635-1001

WARWICK, RI
March 18, 2011 79658WAR
Sheraton Providence Airport Hotel
1850 Post Rd. • 02886
(401) 738-4000

PLEASE RETURN ENTIRE REGISTRATION FORM

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.



FOR OFFICE USE ONLY
Fed. ID #: 39-2033621
© 2010 PESI, LLC

Ch. # _____
Amt. \$ _____ MS

3 Check tuition:

ON-SITE tuition with seminar manual & refreshments

\$189.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date
- \$199.99** standard
- I am a IATP Member. Take **\$25 off** my registration fee. My # is: _____
- \$40.00** *Meditation and Yoga in Psychotherapy* book (distributed at seminar—FREE SHIPPING!)
- \$24.95** *The Dao of Neuroscience* book (distributed at seminar—FREE SHIPPING!)

WEBCAST with downloadable seminar manual

\$169.99 registration

4 Indicate method of payment:

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

- Check enclosed payable to **PESI**
- MC 16 digits
- VISA 13-16 digits
- AE 15 digits
- Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

24/7 registration • visit www.pesi.com

CAN'T ATTEND THE SEMINAR?
See below for individual product orders

___ Yoga & Mindfulness Seminar on DVD* (video) \$169.99 (ZNV042835)	Product total \$ _____
___ Yoga & Mindfulness Seminar on CD* (audio) \$139.99 (CDR042835)	*Shipping _____
___ Meditation and Yoga in Psychotherapy book* \$40.00 (SAM042805)	Subtotal _____
___ The Dao of Neuroscience book* \$24.95 (SAM042885)	**Tax _____
	TOTAL _____

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

**AZ, CA, CO, CT, DC, FL, GA, HI, IN, KS, ME, MA, MI, MN, MO, NV, NJ, NM, NY, OH, PA, TN, TX, VA, WI residents add applicable state and local taxes.