



Empowering Wellness in Recovery: APPLIED NEUROSCIENCE IN PSYCHOTHERAPY

JUNE
25TH
2021

LOCATION Attend virtually via live webinar
DATE Friday, June 25, 2021
REGISTRATION 8:30 am–9:00 am
PROGRAM 9:00 am–4:30 pm

EARLY FEES AVAILABLE NOW THROUGH JUNE 18, 2021

\$149.00 General Program Fee
\$129.00 Groups of Five or More *(must be from the same agency, registering and paying at the same time)*
\$75.00 Peer Support Specialists
\$75.00 Students *(student ID required to qualify)*
FREE MAHEC Employees *(must register to attend)*

DESCRIPTION

Learn and teach tools for presence, perspective, emotional regulation, and heart/mind coherence. The skills you learn in this course will help you to assist clients in recovery from mood disorders and substance use. Recovery from trauma and addiction has been shown to improve in direct proportion with distress tolerance, and a more thorough understanding of the human autonomic nervous system will help clients mindfully shift from stressful reactions to a greater sense of safety and connection.

Research has shown that self-limiting neural patterns may be intercepted and changed through specific interventions. This course will offer a framework for how this may be achieved through pairing techniques, over time and with practice, as clients learn to adapt compassion-based approaches while taking into account individual factors. You will also learn psychological skills to create a therapist self-care plan that will enhance clinical outcomes and your enjoyment of your work.

Join **Debra Premashakti-Alvis, PhD**, an experienced and skilled presenter, for an experiential day of practice and clinical application. Return to your practice inspired, renewed, and with a resiliency toolbox to apply in addressing an array of clinical concerns.

AUDIENCE

Mental health professionals, including psychologists, licensed clinical social workers, licensed professional counselors, substance use professionals, licensed marriage and family therapists, peer support specialists, and others interested in this topic.

[CLICK HERE TO REGISTER](#)

OBJECTIVES

Upon completion of this seminar, participants will be able to:

- Explain how presence and awareness can enhance the cultivation of the therapeutic relationship and build client resilience
- Employ contemplative practices to impact the stress reaction and shift clients to a relaxation response
- Evaluate how compassion-based interventions utilized in treatment plans for anxiety can help counter automatic patterns of thought
- Assess how mindfulness techniques can be taught in the clinical setting to help depressed clients manage negative self-talk
- Support a decentered perspective to enhance addiction treatment and help clients identify triggers that could lead to relapse
- Employ grounding techniques and breathing exercises that may be used to increase feelings of safety in traumatized clients

FACULTY

Debra Premashakti-Alvis, PhD, is a licensed psychologist who developed the Mind/Body Program at the University of Georgia, which provides clinician training on how to integrate mindfulness and contemplative approaches into psychotherapy. Her work as a professor at the University of Georgia included the supervision of doctoral students and co-leading a research team investigating applied mindfulness practices in clinical care. Dr. Alvis presently maintains a private practice and has more than 25 years of clinical experience in treating clients with a wide variety of conditions. As a devout scholar of Tibetan Buddhism and Integral Yoga for 30 years, she possesses a rare ability to effectively combine contemplative principles, body-oriented techniques, and brain-based approaches in clinical work. Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of contemplative practices and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.



AGENDA

- 8:30–9:00** Webinar Login
- 9:00–9:15** **Overview and Key Concepts**
- 9:15–10:00** **Building Presence, Trust, and Empathetic Connection with Clients**
- Overcoming barriers
 - Affect regulation techniques for therapist and client
 - Creating empathetic connection
 - Exercises to build clients' trust in themselves
- 10:00–10:30** **Sensory Interventions to Relax the Body and Mind**
- Breathing strategies that break the rumination cycle
 - Guided visualizations that lower the stress response
 - Movement strategies
 - Multi-sensory regulation techniques
 - Reducing the intensity of panic attacks
- 10:30–10:45** Break
- 10:45–11:45** **Disempowering Intrusive Thoughts that Originated in Trauma**
- Muscle tension-releasing exercises to counter fight or flight
 - Guided meditations to disempower intrusive thoughts
 - Grounding exercises and sample scripts
- 11:45–12:15** **Instilling Self-Love in Depression Treatment**
- Teaching clients to recognize self-criticism and respond with self-love
 - Managing negative self-talk with awareness
 - Meditations that boost general well-being
- 12:15–1:15** Lunch Break
- 1:15–2:45** **Building Resilience in Substance Use Treatment**
- Breaking the habit loop
 - Awareness vs. autopilot—relapse prevention
 - Mindfulness for triggers
 - Emotional regulation for cravings
 - Neurophysiological basis for interventions
 - Research supporting interventions to reduce cravings
- 2:45–3:00** Break
- 3:00–3:30** **Mindfulness, Diversity, and Cultural Humility**
- Balancing mindfulness-related multicultural concerns
 - Assessing appropriateness of mindfulness interventions for individuals
 - Negotiating the treatment plan
- 3:30–4:15** **Conquering Compassion Fatigue**
- Right here, right now—helping clients remain “in the moment”
 - Managing your own emotions as a psychotherapist
 - Changing limiting stories about caring for yourself
 - Releasing negativity bias—three countering steps
- 4:15–4:30** **Summary of Key Points/Final Opportunity for Questions and Answers**

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **6.0** hours.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is responsible for all aspects of their programs. Approved for **6.0** hours.

Psychologists: MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **6.0** hours Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **6.0** contact hours.

REGISTRATION

Early registration deadline: June 18, 2021

Program fees include administrative costs and educational materials. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



Special Services

828-348-3630

REGISTRATION INFORMATION

FAX REGISTRATION

828-257-4475

ONLINE REGISTRATION

828-257-4768

EMAIL

www.mahec.net.cpd

MAIL

registration@mahec.net

MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

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REGISTRATION FORM

☐ Updated contact information.

Event #64426

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- _____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

PAYMENT INFORMATION

GENERAL PROGRAM FEE ☐ \$149.00 ☐ \$164.00 (after 6/18/21)

GROUPS OF FIVE+ ☐ \$129.00 ☐ \$144.00 (after 6/18/21)
(five or more from the same agency,
registering & paying at the same time)

**PEER SUPPORT
SPECIALISTS** ☐ \$75.00 ☐ \$90.00 (after 6/18/21)

STUDENTS ☐ \$75.00 ☐ \$90.00 (after 6/18/21)
(student ID required to qualify)

MAHEC EMPLOYEES ☐ FREE (must register to attend)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ Check is enclosed ☐ Credit card information provided
☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

ACCOUNT # _____

EXP _____ / _____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

Send completed registration form to:
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

**Fax completed
registration form
to: 828-257-4768**