

## OUTLINE

### Brain, Body & Nervous System

Origins of health and trauma in the mind, body and brain  
Mindfulness tools for interactive regulation  
Self-regulation for clients between sessions  
Work with different attachment styles

### Individualize Treatment

Access the wisdom of your body's cues  
Boost clinical intuition & embodied response  
Down-regulate symptoms of over-arousal  
Up-regulate symptoms of under-arousal  
Tap into creativity to unblock stuck places & access neuroplasticity

### Mindfulness Meditations

Still the mind to induce calm  
Focus the mind to boost attention  
Open the mind to enhance receptivity  
Widen the mind to stimulate creative problem-solving  
Offer compassion to enhance self-care and care of others



### Creativity

Drawing techniques increase calm & self-awareness  
Guided imagery plumbs the depths of the self  
Dreams, spontaneous imagery & waking suggestions stimulate change  
Central metaphors capture problems, while pointing towards solutions  
Harness inspiration & vision

### Yoga

A holistic mind/brain/body system of moving meditations  
Gain a set of embodied metaphors  
Seek balance, strength, flexibility, equanimity & grace  
Breath work to enhance emotional regulation  
Expand possibilities through setting intentions

## OBJECTIVES

1. Utilize the newest brain research about mindfulness & the brain.
2. Explain how to tailor your work to different attachment styles.
3. Describe how still and moving meditations rewire neural circuitry.
4. List the essential qualities of healing attention plus mindfulness tools that promote each.
5. Identify multiple mindfulness strategies as interventions for anxiety, depression and the dysregulated emotions of trauma.
6. Recognize how clients can be empowered through intention and attention to make new choices and break toxic lifestyle habits.
7. Describe how to capitalize on the healing power of creative expression to ease trauma, create meaning and promote growth.

# FREE — CE —

Mindfulness, Healing  
& Transformation

**JON KABAT-ZINN**  
1 HOUR VIDEO

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JAN. 15, 2017

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# MINDFULNESS and Creativity

Tools to Heal the  
Body and Transform  
the Mind

**Sacramento, CA**

Friday, February 17, 2017

**San Francisco, CA**

Monday, February 20, 2017

  
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# MINDFULNESS and Creativity

Tools to Heal the  
Body and Transform  
the Mind

Featuring Expert and Author,  
**Terry Marks-Tarlow, Ph.D**

- Creative strategies to treat depression, anxiety, PTSD and toxic life styles
- Attend and make your treatment more effective- guaranteed!
- Learn new tools through hands-on practice and demonstration

**Sacramento, CA**

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Mindfulness works! If you respond to the novel and unique sensations of the body, brain and mind in the present moment, you can **make your treatment more effective.**

# MINDFULNESS and Creativity

Have fun while gathering mindfulness tools to individualize your psychotherapy. Attend this cutting-edge seminar with Dr. Terry Marks-Tarlow for a **hands-on, yet informative approach to filling your clinical tool box.**

In this workshop you will use the developmental neurobiology of attachment and trauma as a framework. Dr. Marks-Tarlow will take you through guided meditations to still the mind and calm an over-aroused autonomic nervous system. Drawing and other art techniques will be shown to help clients focus attention and boost self-awareness. Dr. Marks-Tarlow will explain how central metaphors from dreams and spontaneous images help to address somatic symptoms and unify mind/body/brain healing. You will also discover the power of associative mindsets to playfully approach problem-solving with clients. You will learn yoga as a moving meditation that offers a unique set of embodied metaphors.

Come to this workshop and boost your own vitality while gaining a neurologically-based understanding of how **each technique applies to clinical disorders like depression, anxiety, PTSD, and toxic life styles.** Enjoy Dr. Marks-Tarlow's engaging and inspirational style and leave the day equipped with a powerful set of growth-promoting tools.

## SPEAKER

**Terry Marks-Tarlow, Ph.D.,** has been a clinical psychologist for over 30 years. She teaches developmental neurobiology and travels nationally and internationally to give clinical workshops and teach mindfulness techniques.

Dr. Marks-Tarlow combines science with art masterfully. She strives to "walk her talk" by embodying a balanced life. She dances nearly daily; draws and illustrates her own books; practices and occasionally teaches yoga breakthrough workshops.

She has authored several books. *Psyche's Veil* (2008, Routledge) takes a groundbreaking look at the importance of nonlinear dynamics to clinical theory. *Clinical Intuition in Psychotherapy* (2012, Norton) examines the importance of imagination, creativity, and play to effective psychotherapy. *Awakening Clinical Intuition* (2014, Norton) won the 2015 Gradya Nomination for Best Book, as awarded by the National Association for the Advancement of Psychoanalysis. Her most recent book is *Truly Mindful Coloring: Stay Calm, Reduce Stress & Self-Express* (2016, PPM).

Speaker Disclosure:

Financial: Terry Marks-Tarlow is in private practice. She receives a speaking honorarium from PESI, Inc.

Nonfinancial: Terry Marks-Tarlow has no relevant nonfinancial relationship to disclose.

**"Terry Marks-Tarlow invites us into a new world – one worth diving into and relishing for its fresh and important approach that can expand how we understand our lives."**

– Daniel J. Siegel, M.D., bestselling author of *Mindsight and Mind*

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By Terry Marks-Tarlow, PhD and Foreword by Daniel J. Siegel, M.D. **Your Presenter!**

Unique from other adult coloring books, this activity & coloring book is grounded in science and decades of clinical experience, and contains mindfulness exercises and imagery designed to reduce stress, find peace and discover more about yourself.

Written and illustrated by clinical psychologist, Terry Marks-Tarlow, Ph.D., with a foreword written by New York Times bestselling author, Daniel J. Siegel, M.D., *Truly Mindful Coloring* has 60 peaceful, fun and evocative images for creative expression and relaxation.



### Mindfulness Skills Workbook for Clinicians and Clients 111 Tools, Techniques, Activities & Worksheets

By Debra Burdick, LCSW, BCN

Like no other resource, Mindfulness Skills Workbook combines the latest research and best practices -- all in a simple guide to successfully teach mindfulness to your clients.

This comprehensive workbook provides the theory behind each tool, a step-by-step process to implement, and expert guidance on processing client results.

**Seminar on CD or DVD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. 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. Order today by using the order form on this brochure or by calling 800-844-8260.

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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 [cespi@pesi.com](mailto:cespi@pesi.com) or 800-844-8260 before the event.

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 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.

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