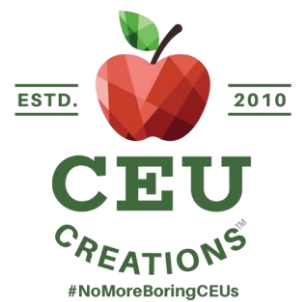


15 Essential Awareness-Based Strategies for Helping Professionals: Skills to Transform Your Treatment Plans for Depression, Anxiety, Anger, Trauma, Guilt and Shame



- Debra Alvis, PhD, licensed psychologist and developer of the Mind/Body Program at the University of Georgia

- 15 Essential Awareness-Based Strategies for Helping Professionals

Saturday, December 7, 2024 | 9:00 AM – 3:00 PM ET

Live Stream Series (Online Synchronous Training)

\$74.99 Early Bird Registration

After November 23rd registration is \$99.99

Please scan QR Code or register online at

www.ceucreationsinc.com



5 CREDIT HOURS APPROVED FOR:

- **Social Workers**
ASWB ACE – 5 CE Credits
New York State Education Department's State Board for Social Work – 5 Contact Hours
- **Case Managers**
CCMC – 5 Contact Hours
- **Nurses**
California Board of Registered Nursing – 5 Contact Hours
- **Counselors**
NBCC ACEP – 5 Contact Hours
NY State Education Department's State Board for Mental Health Practitioners – 5 Contact Hours

Attendance or applied credit certificate available for other credentials. Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTED BY:



Debra Alvis, PhD
Licensed psychologist and developer of the Mind/Body Program at the University of Georgia

Debra Alvis, PhD, licensed psychologist, developed the Mind/Body Program at the University of Georgia providing clinician training on the integration of mindfulness and contemplative practices 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 mindfulness. She is a Mindfulness Meditation Teacher certified through Tara Brach and Jack Kornfield and is trained as a yoga therapist. Dr. Alvis maintains a private practice and has more than 25 years of clinical experience in treating clients with a variety of conditions by combining mindfulness principles, body-oriented strategies, and traditional psychotherapeutic approaches. Her personal contemplative practice of three decades further supports her presentations. Debra lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of Mindfulness, neuroscience, and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.

Thank you to the generous support of our sponsors!



Additional information for each sponsor can be found in the 2024 CEU Creations Georgia Supporter Directory that will be provided to each registrant.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at support@ceucreationsinc.com.

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15 Essential Awareness-Based Strategies for Helping Professionals:

Skills to Transform Your Treatment Plans for Depression, Anxiety, Anger, Trauma, Guilt and Shame

AGENDA

8:45 AM – 9:00 AM:	Log In and Virtual Networking
9:00 AM – 10:10 AM:	Create Nervous System Resiliency with Mindful Coping Skills (includes a 10-minute break)
10:10 AM – 11:10AM:	Manage Depression and Anxiety with Mindfulness Techniques That Work
11:10 AM –12:00 PM:	Mindfulness as the Antidote to Anger
12:00 PM – 12:40 PM:	<i>Lunch and Sponsor Spotlight</i>
12:40 PM – 2:00 PM:	Calm the Traumatized Brain (includes a 10-minute break)
2:00 PM – 3:00 PM:	Transform the Inner Critic: Mindfully Deal with Guilt and Shame
3:00 PM	Evaluations and adjourn

From depression and anxiety to shame and trauma, mindfulness has demonstrated its ability to help reduce suffering. With all its benefits, mindfulness is widely used in clinical practice. There are hundreds of mindfulness interventions available to clinicians, but with so many to choose from, how do you know which to use? How do you decide on your “go-to” techniques?

Dr. Debra Alvis developed and led the Mind/Body program at the University of Georgia. She holds certification as a mindfulness meditation teacher and as a yoga therapist. With more than 25 years teaching mindfulness and using mindfulness techniques in her clinical practice, Debra has distilled the available techniques into the essential hands-on mindfulness skills and interventions you need to treat your clients.

Join Debra and learn to effectively use 15 mindfulness practices you can incorporate into your treatment plans for depression, anxiety, shame, and trauma. Debra will guide you through the specific exercises that she has found most capable of shifting clients away from debilitating vagal system patterns, intervening in the downward spiral of depression and anxiety, and cultivating safety and groundedness in traumatized clients. In addition, she will give you detailed instruction on her top mindfulness interventions to help your clients address guilt and shame and empower them to manage anger and toxic emotions.

As an additional benefit, you will have the opportunity to practice the application of what you have learned under Debra’s expert supervision. Enhance your clinical practice with mindfulness skills that work!

AFTER ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

1. Determine how mindfulness practices can be used to develop a more resilient nervous system.
2. Integrate mindfulness interventions into your treatment plans to counter automatic patterns of negative thoughts.
3. Demonstrate how brief mindfulness practices can be utilized in-session to increase emotion regulation.
4. Examine how to retrain the dysregulated, traumatized brain and implement grounding techniques and breathing exercises.
5. Apply mindfulness-based therapies to address shame and guilt.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.


Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/21-11/22/24]. Social workers completing this course receive 5 Clinical continuing education credits. *(Application has been submitted for renewal to ASWB/ACE)*

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 5 Contact Hours

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

Cancellation Policy: Registrants must cancel via email at support@ceucorationsinc.com (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25 - Refunds will not be given for cancellations within five (5) business days prior to the workshop date.