

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

March 17, 2011

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Yoga E-Mindfulness

Mind-Brain Change in Clinical Practice

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



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TRUMBULL, CT

Wednesday, March 16, 2011

CROMWELL, CT Thursday, March 17, 2011

LIVE VIDEO WEBCAST

WARWICK, RI

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



Neuroscience meets ancient

mind-body wisdom to heal:

Anxiety & stress

Impulse problems

Depression

Addiction



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.

*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.

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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
- Anxietv

Objectives

- Discover the latest neuroscience findings on how yoga changes the brain.
- Improve client treatments for stress, anxiety, depression and impulse problems.
- Open a new yoga frame of reference for powerful cognitive reframing.
- 5 Gain new skills in well-researched breathing, mindfulness and meditation methods

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• 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
 - Pratyahara, withdrawing attention
 - Dharana, focusing attention
 - Dhyana, opening attention

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.

4 Learn special applications for the very young, the very old and every age in between!

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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

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.

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TARGET AUDIENCE

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

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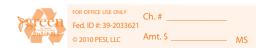
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