

OUTLINE

Self-Compassion

Cultivating mindful awareness, self-kindness, and shared humanity
Developmental considerations of training teens in self-compassion
Activity: Loving kindness practice
Activity: Just like me practice

Interpersonal Neurobiology of Self-Compassion and Teens

The developing teen brain
Self-healing properties
Activity: How is my amygdala today?

Self-Compassion Strategies for...

Depression and Anxiety

Increasing resilience, happiness and coping
Reduce sadness, worry, doubt and fear
Negative thinking, self-criticism, and lack of motivation
Activity: Move in and out of the default network
Activity: Powerful pranayamas

ADHD

Minimize ADHD symptoms, and improve executive functioning.
The role of the body in hyperactivity and thinking problems
Non-medical approaches
Activity: Nutrition/activity/concentration log
Activity: Watching thoughts

Trauma

Minimize risks of decompensation and dissociation
Self-kindness and honoring vulnerability
Role of shame in treating trauma

LGBTQ

Intersectionality and self-compassion for teens
The spectrum of genders
The spectrum of sexualities
Self-compassion for collective traumatization

School Challenges

Stress, academic failure, college competition, parental demands,
and not performing according to one's potential
Executive functioning difficulties
The role of creativity
Activity: Creativity and self-compassion – a guided practice for
accessing “flow”

LIVE SEMINAR SCHEDULE

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

“Self-compassion has the power to radically transform lives”

– Kristin Neff, PhD

OBJECTIVES

- Differentiate between self-compassion, self-empathy, self-esteem and self-criticism.
- Summarize the interpersonal neurobiology of self-compassion for teens, and its effects on the developing brain.
- Formulate treatment plans, parenting approaches, and behavior plans that heal with self-compassion for teen.
- Employ assessment tools, activities, and self-reflective practices to promote healthy sexual and gender identity development in LGBTQ teens.
- Contrast existing medical and non-medical approaches to depression, anxiety, ADHD, and school problems with self-compassion practices for teens.
- Design self-compassion strategies to reduce decompensation, dissociation, and increase recovery in traumatized teens.

Questions? Call customer service at **800-844-8260**



A Bold New Paradigm
For Healing Trauma

BESSEL VAN DER KOLK

1 HOUR VIDEO

HURRY OFFER EXPIRES

April 15, 2017

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SELF-COMPASSION FOR TEENS

Immediate and Actionable Strategies to
Increase Happiness and Resilience

ST. CLOUD, MN
Wednesday, May 17, 2017

ROSEVILLE, MN
Thursday, May 18, 2017

BLOOMINGTON, MN
Friday, May 19, 2017

SELF-COMPASSION FOR TEENS

Immediate and Actionable Strategies to
Increase Happiness and Resilience

Anxiety • ADHD • Trauma • LGBTQ • School Challenges

Featuring, Dr. Lee-Anne Gray, author of *Self-Compassion for Teens*, enthusiastically endorsed by Tara Brach, Christopher Germer, Kelly McGonigal, and more.

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PESI® www.pesi.com

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SELF-COMPASSION FOR TEENS

Are you frustrated with the epidemic of teens suffering from stress, anxiety, trauma, depression, and ADHD? Wish you had new approaches to help teens build their inner strength and promote healing?

Join Dr. Lee-Anne Gray, a clinical psychologist, author and educator, in this highly interactive and experiential seminar. Learn immediate and actionable ways to train teens in self-compassion to reduce suffering and increase happiness.

Challenges addressed include:

- Academic pressure
- ADHD
- Executive functioning
- Trauma
- Failure and procrastination
- LGBTQ identity development
- Anxiety and depression

The techniques you will learn are easy-to-apply teachings and activities that promote adolescents' academic success and social-emotional wellness to:

- Cultivate fortitude in the face of suffering
- Increase positivity
- Lead others to be happy
- Create a framework for holding positive and negative feelings in mind at once
- Promote attention and concentration

Take home Dr. Gray's activities, tips, and practice sheets to guide teens in cultivating self-compassion

You'll leave this seminar with Dr. Gray's activities, meditations, and practices to heal trauma, widen emotional capacity, promote healthy sexual and gender identity development, improve executive functioning, and increase overall happiness.

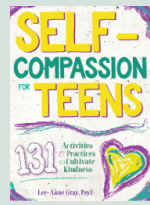
"This seminar is just the ticket for teachers, counselors and parents who know the burdens of modern teens and want to help. Self-compassion is a core emotional skill that builds emotional resilience. Dr. Gray offers a wide array of exercises that awaken self-compassion in teens, tailored specifically for challenging situations such as school stress, identity and body image problems, substance abuse, anxiety, autism and chronic illness. Highly recommended!"
- Chris Germer, PhD

SPEAKER

Lee-Anne Gray, Psy.D., is a clinical and forensic psychologist and P21 educator. She is certified in EMDR, a trauma treatment, as well as being a national speaker and expert in special education, mindful awareness, assessment, and gifted individuals. As the president and CEO of The Connect Group, she serves the global educational community with innovative professional development seminars in empathy, compassion cultivation, Design Thinking, and transformational coaching. Prior to this, Dr. Gray was supervising psychologist at the largest special education nonprofit organization in the nation. She also enjoyed a thriving private practice where she used EMDR to promote peak performance in students, families, professional athletes and high-performing executives. Dr. Gray is formerly an instructor of Psychology of Gender in the Departments of Psychology/Women's Studies at UCLA. Furthermore, Dr. Gray is a contributing author to *Pedagogies of Kindness and Respect*, where she discussed Educational Trauma and Empathic Education for a Compassionate Nation (EECN). She is also the author of *Self-Compassion for Teens*, recently released from PESI Publishing. Along with young people as equal participants, Dr. Gray cofounded and codesigned EECN (a democratic educational model, shaped by Design Thinking), piloted as The Connect Group School. The Connect Group School is an example of students practicing self-compassion as one way of mitigating and healing educational trauma.

Speaker Disclosures:
Financial: Lee-Anne Gray is the President and CEO of The Connect Group and co-founder of The Connect Group School. She is an author for PESI Publishing & Media and receives royalties. Dr. Gray receives a speaking honorarium from PESI, Inc.
Non-financial: Lee-Anne Gray writes a blog on Educational Trauma for the Huffington Post.

*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Self-Compassion for Teens 129 Activities & Practices to Cultivate Kindness

By Lee-Anne Gray, Psy.D., Your Presenter!

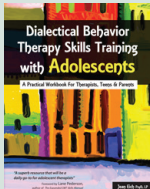
Self-compassion is the key for teens to develop empathy and manage self-criticism, while increasing resilience and well-being. The first of its kind, this book brings together 129 actionable mindfulness and compassion-building tools for teens to reduce suffering and cultivate kindness for themselves and the world around them. Perfect for clinicians, educators and parents, this resource is filled with exercises, worksheets and activities.



Be Mindful Card Deck for Teens Reduce Stress, Improve Self-Care and Find Focus

By Gina M. Biegel, MA, LMFT

Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax. Perfect to manage your everyday stressors: School demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.



Dialectical Behavior Therapy Skills Training with Adolescents: A Practical Workbook for Therapists, Teens & Parents

By Jean Eich, Psy.D., LP

A comprehensive training manual filled with age-relevant skills explanations, examples, activities and applied worksheets for real-life situations. Separated into three easy-to-use parts. The therapist section focuses on practical DBT strategies and guidance to balance therapy with parents.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Mickelson Graf** at mgraf@pesi.com or call **715-855-8199**.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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 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.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The State of Wisconsin Department of Regulation and Licensing recognizes courses and providers that are approved by the APA, ASWB or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

WISCONSIN EDUCATORS: This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDPs. This course is 6.25 clock hours.

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.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

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

Target Audience: Counselors • Social Workers
Psychologists • Educators • Marriage and Family Therapists
Occupational Therapists • Speech-Language Pathologists

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

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3 Check tuition:

Tuition with seminar manual

- \$199.99** – choose one of the options below:
- per person for 2 or more preregistering together —OR—
 - single registration postmarked 3 weeks prior to seminar date
- \$219.99** standard
- \$29.99* Self-Compassion for Teens** book (distributed at seminar - FREE SHIPPING!)
- \$16.99* Be Mindful Card Deck for Teens** (distributed at seminar—FREE SHIPPING!)
- \$29.99* Dialectical Behavior Therapy Skills Training with Adolescents** workbook (distributed at seminar—FREE SHIPPING!)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

- ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).**
- Check enclosed payable to **PESI, Inc.**
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CAN'T ATTEND THE SEMINAR?

See below for individual product orders

- Self-Compassion for Teens**
- ___ Seminar on DVD* (video) \$199.99 (RNV049970)
 - ___ Seminar on CD* (audio) \$169.99 (RNA049970)
 - ___ **Self-Compassion for Teens** book* \$29.99 (PUB084590)
 - ___ **Be Mindful Card Deck for Teens*** \$16.99 (PUB084260)
 - ___ **Dialectical Behavior Therapy Skills Training with Adolescents** workbook* \$29.99 (PUB082790)

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ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$30 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 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.**

Cannot be combined with other discounts.



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