

Mindfulness Master Class: A Step-by-Step Comprehensive Training in Using Mindfulness to Motivate Clients, Accelerate Change and Treat Major Clinical Issues

Learning Objectives

- Understand how early attachment experiences impact on the child's emerging brain.
- Identify clients' mental models and core negative beliefs.
- Explain the paradigm shift in neuroplasticity.
- Understand the Mindfulness Path for Growth.
- Learn the Five Core Skills of mindfulness.
- Describe the essential nature of mindfulness practice in treating and transforming anxiety, depression, anger and unhealthy patterns
- Teach brain-changing mindfulness skills and practices to clients.
- Learn how to motivate clients to practice outside the session.
- Identify and practice experiential exercises to use with clients.
- Integrate mindfulness more fully into your personal and professional lives.

Program Outline

The Convergence of Neuroscience and Mindfulness in Treating Clients Neuroscience:

- What are we seeking to transform?
- Cultivating client insight about their brain and their issues
- Mindfulness as Path:
- How are we actually changing the brain, unhealthy pattern and negative conditions?
- The Mindfulness Path for Growth

Neuroscience as View: Important Concepts that Support Client Growth and Accelerate Healthy Change

- The paradigm shift in neuroplasticity: re-training the brain
- The drivers of neuroplasticity: focused attention and repetition
- Interpersonal neurobiology and importance concepts from neuroscience-enhanced attachment theory
- The formation of mental models and core negative beliefs
- Neuroception and the operation of the brain's survival mechanisms
- Explicit and implicit memories
- Adaptive safety strategies and their negative side effects

Mindfulness as Path: A Comprehensive Mindfulness-Based Approach to Treating Clients

Introducing mindfulness to clients

- Mindfulness as self-directed neuroplasticity
- Personal growth as a matter of practice
- Mindfulness as a skill-based path
- The Five Core Skills of mindfulness
- Integrating the Five Core Skills into practices that change the brain and transform unhealthy habits and patterns
- Reconsolidation of neural networks through mindfulness practice

Therapeutic Coaching and the Acceleration of Client Change

- Teaching mindfulness skills and practices
- Motivating clients to practice mindfulness outside of sessions

- Inspiring clients to believe in themselves and the possibility of healthy change
- The importance of the placebo effect: acknowledging, affirming and validating clients' efforts and successes

Using Experience Exercises with Clients: Inspiring Clients to Practice

- Self-regulation exercises
- Positive visualization: creating an Inner Refuge
- Rehearsing practices that directly change the brain

Transforming Core Negative Beliefs

- Guidance from the transpersonal psychology movement
- Creating a new vision of self – for ourselves and for our clients
- Effective approaches for supporting clients' transformation process
- True nature verses conditioning and parts
- The use of mindfulness skills and mantras
- Priming the brain for health and happiness