

Registration Form

PLEASE PRINT CLEARLY

Name: _____

License Type: _____ Lic#: _____

Street Address: _____ Suite: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Fax: (____) _____

Email: _____

Please Circle Location:

Fri, Sept. 25, 2009	Fri, Oct. 2, 2009	Fri, Nov. 13, 2009	Sat, Nov. 14, 2009
Seattle Center 305 Harrison St. Seattle, WA 98109 206-684-7200	Hilton Hotel 333 O'Farrell St. San Francisco, CA 94102 415-771-1400	Skirball Cultural Center 2701 N. Sepulveda Blvd. Los Angeles, CA 90049 310-440-4500	Sheraton Hotel 303 Cordova Ave. Pasadena, CA 91101 626-449-4000

Internet Registration	\$ 119		Online only
Standard Registration (By mail, fax and phone)	\$ 129	=	[_____]
No-Credit Registration (Student/Intern)	\$ 89	=	[_____]
Same day registration, add \$25			
TOTAL DUE:			_____

Check enclosed, payable to: R. Cassidy Seminars

Credit Card. All major credit cards accepted. Payment by mail or fax 707-566-7474

Card #: _____ CVV #: _____ Exp. Date: _____

Signature: _____ Payment Amount: \$ _____

Refund (minus \$25 administrative fee) when canceling prior to 7 days before the workshop.
No refund within 7 days of the workshop.

Certification Information

Course approval for psychologists, social workers, counselors and marriage and family therapists.

This event is sponsored by R. Cassidy Seminars and is approved for 6 CE hours.

Satisfactory Completion Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Psychologists R. Cassidy Seminars is approved by the American Psychological Association to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. (6) hours.

Social Workers WA: R. Cassidy Seminars, ACE provider #1082 is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive (6) continuing education (clinical, social work ethics) clock hours in participating in this course. **CA:** Course meets the qualifications for (6) hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE418.

Counselors WA : R. Cassidy Seminars is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. We adhere to NBCC continuing education guidelines. Provider #6375. (6) hours.

Marriage and Family Therapists WA : R. Cassidy Seminars is recognized by the National Board for Certified Counselors to offer continuing education for certified counselors. We adhere to NBCC continuing education guidelines. Provider #6375. (6) hours. **CA:** Course meets the qualifications for (6) hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE418.

Chemical Dependency Counselors WA: Provider approved by NAADAC Approved Education Provider Program for (6) contact hours. Approval #000654. **CA:** Provider approved by CAADAC, Provider #4N-00-434-0210 for (6) CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states

Nurses CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for (6) contact hours.

Disability Access: If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification.

Please Note: Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.

R. Cassidy Seminars
P.O. Box 14473
Santa Rosa, CA
95402

Taking In The Good

Weaving Positive Emotions, Optimism And Resilience Into The Brain And The Self

A Workshop With Rick Hanson, PhD



"This workshop is transformational. Rick Hanson has synthesized how to apply neuroscience to the treatment of suffering in a way every therapist will be able to understand and apply. A tour de force. Exceptional workshop!"

— Need Person's Name

6 Credit Hours
for Psychologists, Social Workers, Counselors and Marriage and Family Therapists

Taking In The Good

Weaving Positive Emotions, Optimism And Resilience Into The Brain And The Self

6 Credit Hours



A Workshop With Rick Hanson, PhD

Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom

"This workshop will change the way you think about emotional well-being."

Jack Kornfield, PhD

September 25, 2009	Seattle, WA
October 2, 2009	San Francisco, CA
November 13, 2009	Los Angeles, CA
November 14, 2009	Pasadena, CA

Register at www.ceuregistration.com

Sponsored by R. Cassidy Seminars



Taking In The Good

Weaving Positive Emotions, Optimism And Resilience Into The Brain And The Self

A Workshop With Rick Hanson, PhD

Developmental psychology, psychodynamic theory, and positive psychology all stress the importance of acquiring internal resources such as basic trust, optimism, and a positive mood. In our clients, we want to encourage self-soothing, emotional regulation, and resilience; we want the learning from their steps toward growth to “stick to their ribs.”

The question is: How to actually do this? Particularly given the challenge of the brain’s negativity bias, which preferentially scans for, reacts to, stores, and recalls negative information about oneself and one’s world. The brain is like Velcro for negative experiences and Teflon for positive ones; the natural result is a growing – and unfair – residue of emotional pain, pessimism, and numbing inhibition in implicit memory.

In this clinically focused and practical workshop, Rick Hanson shows how to use the brain’s machinery of memory to get at the essence of beneficial change in psychotherapy and any other process of personal growth: *the internalization of positive experiences*. Drawing on recent discoveries about neuroplasticity, he will present a simple, four step process that weaves positive experiences into the structure of the brain and the fabric of the self. Participants will practice this method with different applications and client populations, and there will be plenty of time for questions and discussion. No background with neuroscience is required.

Meet Your Presenter

Rick Hanson, Ph.D. is a neuropsychologist and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom. A *summa cum laude* graduate of UCLA who received his doctorate from the Wright Institute, he has written and taught extensively about helping people develop inner skills in both clinical and everyday settings. He has authored *Mother Nurture: A Mother’s Guide to Health in Body, Mind, and Intimate Relationships* (Penguin, 2002), and *Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (New Harbinger, 2009). Dr. Hanson has taught at Stanford University, Sonoma State University, and meditation centers around the country. He is a lively and humorous speaker with an unusual ability to translate scientific findings into immediately useful and beneficial tools.



The Wellspring Institute for Neuroscience and Contemplative Wisdom has as its mission to offer skillful means for changing the brain to benefit the whole person - and all beings in a world too full of war. It draws on psychology, neurology, and the great contemplative traditions for tools that anyone can use in daily life for greater happiness, love, effectiveness, and wisdom. For more information, please visit www.WiseBrain.org.

Attendees Will Be Able To:

- Explain the brain’s mechanisms of neuroplasticity and the opportunity they offer for building positive resources within oneself
- Describe the evolutionary basis of the brain’s negativity bias, and its consequences for both therapeutic practice and daily life
- Summarize the first three steps of “taking in the good” (TIG)
- Apply the fourth step of TIG to heal painful experiences
- Specify how to adapt TIG for children, trauma, and everyday life

Schedule

8:30 am	Registration and Check-In
9:00 am	The Challenge of the Brain’s Negativity Bias Demonstration of Taking in the Good (TIG) The Importance of Inner Resources The Primary Role of Implicit Memory Processes Mechanisms of Neuroplasticity The Negativity Bias of the Brain: “Like Velcro for Negative Experiences and Teflon for Positive Ones”
10:30	Break
10:45	How To Take In The Good (TIG) Practicing the Three Steps of TIG with Clients Helping the Client Get on His or Her Own Side Why It’s Good to Take in the Good Living Gratefully
Noon	Lunch (on your own)
1:00 pm	Using TIG to Heal Emotional Pain Using the Neural Machinery of Memory to Heal Old Pain Two Applications of TIG to Emotional Pain
2:30	Break
2:45	TIG and Specific Clinical Applications TIG and Trauma TIG with Children Using TIG to Take Small Risks and Internalize the Positive Results
4:30	Adjourn

4 WAYS TO REGISTER

1. ONLINE: www.ceuregistration.com
2. PHONE: 888.992.9199
3. FAX: 707.566.7474
4. MAIL: Attn: Registration
 Post Office Box 14473
 Santa Rosa CA 95402

