

Outline

Hour 1

What is mindfulness, mechanisms of action

Neural networks of emotion and stress regulation, mindful training styles

Why mindfulness matters in rehab

Body awareness, attention and intention, emotional resilience

Effects of stress, pain, injury and disease on physiology and mood, physiological stress markers and measurement

Pain processing, tension control, autonomic regulation, heart rate variability, decision making

Hour 2

Tools and strategies of mindfulness in rehab: awareness of the present moment, body awareness/interoception,

Breathing interventions, guided imagery, sitting meditation, body scan, heart rate variability, mindful activity, and walking mindfulness.

Research on effectiveness of mindfulness in pain management, anxiety and depression reduction, sleep hygiene, and stress management.

How practitioners and **client** benefit from mindfulness for healthy happy lifestyles

Discover how adding mindfulness interventions to your clinical toolkit will level up your practice — and why you can't afford to overlook these effective patient-centered benefits:

"I don't have time to add mindfulness techniques to my treatments."

Mindfulness techniques can be seamlessly integrated into your existing care plan with minimal time investment—many are as brief as 1-2 minutes, fitting naturally into warm-ups, cool-downs, or between activities and exercises. Plus, you'll see immediate gains in patient focus and engagement, enhancing your treatment efficiency.

"I already use evidence-based approaches; why add mindfulness to my repertoire?"

Mindfulness isn't about replacing what you're already practicing—it's about strengthening it. Research strongly indicates that mindfulness complements other rehab techniques by accelerating recovery, enhancing body awareness, and supporting emotional resilience, which directly boosts your patient outcomes

"My patients won't buy into mindfulness techniques. How will this help?"

Many of the mindfulness techniques Dr. Schmidt employs are simple and practical, requiring no "extra" buy-in or specialized language. Patients appreciate and respond well to interventions that help reduce pain, manage stress, and improve self-awareness — benefits they'll quickly notice as they progress through treatment.

"I'm not a trained mindfulness expert, and don't have time to become one."

That's exactly where this focused training comes in! We provide sensible, step-by-step guidance that any clinician can follow — no prior specialization or expertise needed. You'll leave with easy, accessible interventions you can use confidently and effectively with your patients the very next day!

Objectives

1. Evaluate the theory and science behind mindful practices.
2. Identify 5 mindful tools and strategies to incorporate into rehab practice.
3. Evaluate the evidence for the effectiveness of mindfulness in pain management, anxiety and depression reduction, sleep hygiene, and stress management.

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Pain to Optimize Movement
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- Unlock mindfulness techniques that empower body awareness, self-regulation, and interoception
- Fresh tips to better manage pain, injury, stress, tension, fear and other factors limiting patient progress
- Foster long-term commitment to self-care, healthier lifestyle choices, and sustained longevity beyond therapy
- Simple strategies to strengthen therapeutic alliance and enhance functional outcomes

Live Interactive Webinar
Monday, April 7, 2025

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Mindfulness in Motion for Rehab Professionals

Studies show that **mindfulness can effectively address pain, injury recovery, stress reduction, tension, and body awareness**—yet many clinicians struggle to seamlessly integrate it into patient care.

That's why we partnered with Theresa Schmidt, PT, DPT, OCS, LMT, CEAS, Chy, DD, to bring you a focused, 2-hour session packed with everything you need to confidently and effectively use mindfulness interventions in your practice. Discover **step-by-step guidance** on how to effortlessly weave practical mindfulness techniques into therapy sessions to boost patient engagement, foster emotional self-regulation, break through functional milestones, and build lasting health and resilience.

Through **collaborative discussions, evidence-based research, and firsthand learning**, you'll gain ready-to-use tools and skills you can start applying immediately, making a lasting impact on your patients and practice. Don't miss this opportunity to unlock the transformative potential of mindfulness in rehab with our exclusive webinar, designed to empower clinicians with **impactful, patient-centered strategies** guaranteed to take your outcomes to a new level.

Equip yourself with simple techniques that will elevate your practice today!

Maximize patient outcomes, and transform your rehab sessions in little to no time at all. This training offers more than skill-building; it's an investment in the future of your patient care at a fraction of the cost!

Live Webinar Schedule

(Times listed in Central)

10:00 Program begins

12:00 Program ends

A more detailed schedule is available upon request.



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Meet Your Speaker



Theresa A. Schmidt, PT,DPT,MS,OCS,LMT,CEAS, is an orthopedic physical therapy specialist and massage therapist integrating traditional and alternative medicine with emphasis on manual therapy, precision exercise, wellness, Reiki, hypnosis, and mindfulness. She presented for NASA/Inomedic, Johns Hopkins, Cleveland Clinic, Vanderbilt Med, Wake Med, and professional associations. She received her doctorate at UNE and served as faculty at Touro PT Programs and CUNY Queens Colleges in NY. She is a published author, ~~Expert~~ Consultant, Reiki Master Instructor, and hypnotherapist in private practice at Educise® in New Hampshire. www.educise.com.

Don't just take our word for how important mindfulness is in patient care, see what Dr. Schmidt has to say...

"The importance of engaging in the present moment without judgment is critical to addressing the high level of stress in our culture today, and to manage pain and tension more effectively. Too many people are so distracted by worrying about the past and feeling anxious about the future, contributing to the prevalence of pain and attention deficits in our society... Bring mindful practices into your life to improve decision-making, manage work related stress, reduce burnout and build resilience for greater enjoyment in your work"

- Dr. Theresa Schmidt

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