

Plugged Into Mindfulness

Supporting Mental Health Professionals

2021 Program Information & Pricing

When mental health professionals are dedicated to mental and emotional well-being, everyone benefits. Research shows that counselors who learn mindfulness not only reduce their own stress levels and minimize burnout, but are more attentive, empathetic, emotionally regulated, and effective at their job.

Clients who learn mindfulness can reap the benefits of improved attention, greater social-emotional skills, plus a reduction in anxiety, stress, and depression. Those in recovery or at-risk benefit from skills that promote present moment awareness and offer these individuals healthy coping practices.



Joni Sturgill

healthy body, peaceful soul

WHY PLUGGED INTO MINDFULNESS BY HBPS?

Our Work is Evidence-Based

Our program has been proven to:

- Reduce feelings of fatigue or “burnout”.
- Improve self-efficacy around stress management.
- Increase feelings of compassion towards oneself and others.
- Improve ability to recover from stressful events, and/or be more flexible in dealing with challenging situations.
- Improve overall personal well-being.

Research confirms that mindfulness practices:

- Improve focus and attention
- Increase resilience (improving and protecting mental health)
- Create positive social/emotional outcomes

We Use a Trauma-Sensitive Approach

Plugged into Mindfulness creator, Joni Sturgill, LPC, NCC, ERYT, draws on her training with Daniel Libby, PhD., RYT (creator of Mindful Resilience for Trauma Recovery), and Bessel Vander Kolk (Trauma researcher and author of *The Body Keeps the Score*), to include a trauma-sensitive approach in the curriculum, creating a safe and inclusive environment for all.

Our Programs are Customizable

The Plugged Into Mindfulness (PIM) Professional Development 10 session program is most ideal, other options are available. In-person or via Zoom or hybrid presentations are available.



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Professional Development for Mental Health Professionals

Purpose:

This 10-session course in mindfulness training for mental health professionals serves three purposes:

1. **Learning self-care.** Mental health professionals are at a great risk for chronic stress and burnout. This negatively impacts mental and physical health and can have negative consequences for the therapeutic environment. Research shows that mindfulness training offers counselors stress management tools and facilitates an overall increase in self-care, increasing well-being as well as the quality of client care.
2. **Becoming a more mindful professional.** Mindfulness practice is associated with qualities that are critical for helping professionals: attention, empathy, and emotion regulation.
3. **Developing a foundation for offering mindfulness instruction to clients.** Self-care and the embodiment of mindfulness practices are essential to teach the practices to others.

Course Aims and Outcomes:

To understand in theory and research, and to embody in practice, mindfulness and breathing techniques with the intention of developing:

Attention Skills

- Greater ability to concentrate
- Finding clarity (having discrimination through detection and intense focus)
- Experiencing equanimity (a balanced internal state regardless of circumstances)

Social-Emotional Outcomes

- Self-awareness
- Self-management / emotional regulation
- Social awareness & Improved relationship skills
- Responsible decision-making

Resiliency

- Self-confidence
- Flexibility in the face of challenge
- Emotional resilience (recovery from stressful event)
- Trust in self and others

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6716566/>



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Specific Learning Outcomes:

By the end of this course, participants will learn:

- The basics of mindfulness & breathwork training
- Techniques for managing active and stressful thoughts
- Techniques for managing challenging emotions
- Practices that cultivate positivity, gratitude, and compassion
- The research that supports mindfulness and the common myths around mindfulness
- Support for creating your own daily sitting practice
- How to offer the practices to patients in various circumstances

Professional Development Course Details:

Available in-person, zoom or hybrid

Includes:

- A manual and course book
- 10 one-hour sessions with lead trainer
- Training video access for one year
- Planning and email support
- One community outreach session
- Custom options are available

Cost of Complete PIM Training

For between 15 and 35 participants, the complete training, including planning, any customization, materials and video access, is \$12,000. Price increase for more participants or multiple cohorts. Travel beyond 30 miles would incur additional expense. Willing to adjust for participants to the cover cost individually (\$589 per person with a minimum participation of 20).

The program is approved for 15 NASW credits. In process of credentialing for LPC credits.

ABOUT

Joni Sturgill is a licensed professional counselor and a nationally-certified counselor, holds a MS in Psychology, BA in Communication, earned the advanced yoga teaching designation of ERYT-500, and also studied at the Institute for Integrative Nutrition. Through her business, Healthy Body Peaceful Soul, she shares insights on mental, emotional and physical wellness to corporate populations, cancer patients, caregivers, therapists, educators, students of her training programs, and other various groups and individuals. Joni's Plugged into Mindfulness professional development program has been adapted for school districts, counselors working in addiction, first responders, and the corporate world. She is a member of the Vistage Speaker's Bureau, an Amazon best-selling-author, as well as a proud mother of two teenage sons.



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