

Mindfulness Based Interventions for Children and Adolescents

Program Description

Many mental health professionals understand the importance of incorporating mindfulness into practice; however, children need to be taught the components of the mindfulness before they can be expected to practice this skill. This program will focus on techniques used to teach this population the core components of mindfulness practice. Participants will be able to engage in activities that will help further their understanding of mindfulness practice. With this knowledge, participants can begin to teach their clients how to establish a strong mindfulness practice.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Explain the importance of teaching clients the basic tenants of mindfulness;
2. Describe the different ways to engage children and adolescents in mindfulness practice;
3. Examine the skills necessary for children and adolescents to establish a mindfulness practice;
4. Demonstrate the skills to effectively teach children and adolescents mindfulness practice;
5. Discuss how to incorporate these methods into practice.

Target Audience

This program is intended for mental health professionals working with children, adolescents and/or families.

Contact Hours

2.0 hours

Program Agenda

Intro – 5 minutes

Core Mindfulness Components- 30 minutes

Break – 10 minutes

Mindfulness Based Activities – 60 minutes

Discussion – 15 minutes

Faculty

Rob Schooley, MSW, LCSW, graduated with a Master of Social Work from the University of Illinois at Urbana-Champaign in 2004. He currently serves as a Behavior Specialist for the Chatham County Schools where he provides direct services to children and adolescents displaying academic, social and/or emotional difficulties. In addition to conducting functional behavior assessments and developing behavior intervention plans, Rob utilizes cognitive-behavioral techniques as well as mindfulness-based interventions to address the needs of the population he serves. Rob is a certified trainer for Nonviolent Crisis Intervention, a Field Instructor for the University of North Carolina at Chapel Hill

School of Social Work, and a Faculty Advisor for the Boston University School of Social Work.